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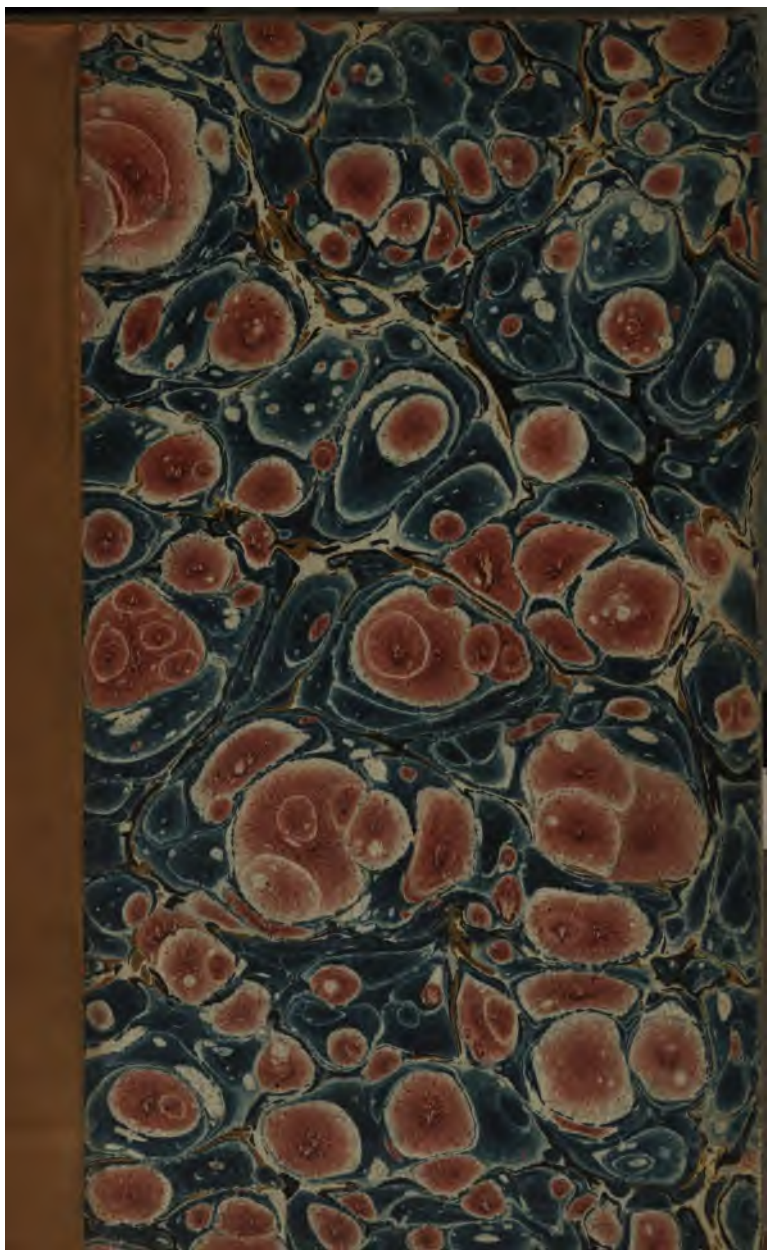
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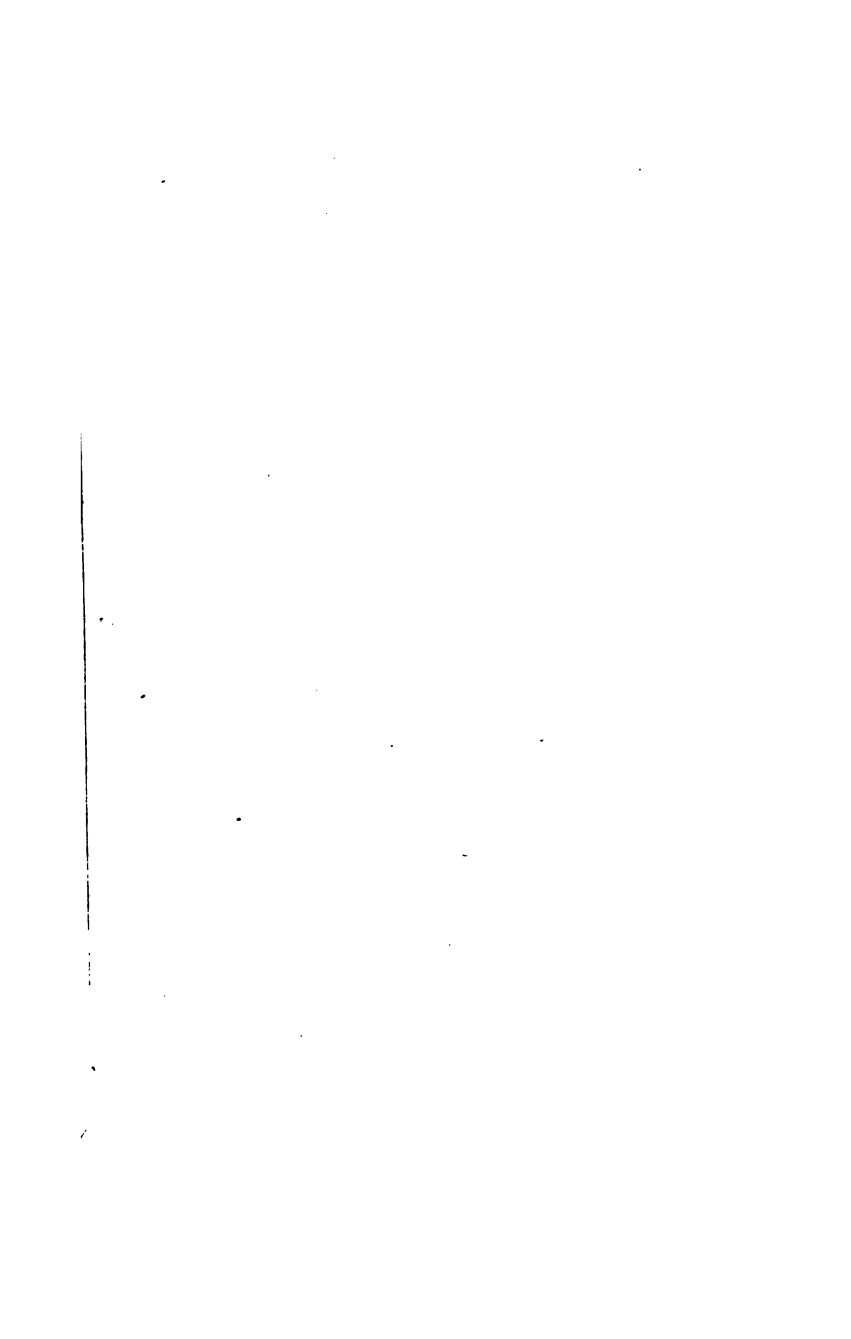
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ADVICE TO A WIFE

ON THE

MANAGEMENT OF HER OWN HEALTH.

BY THE SAME AUTHOR,
Price Half-a-Crown,
THE SIXTH EDITION OF
ADVICE TO A MOTHER
ON THE
MANAGEMENT OF HER OFFSPRING,
AND ON THE
TREATMENT OF SOME OF THEIR MORE URGENT DISEASES

ADVICE TO A WIFE
ON THE
MANAGEMENT OF HER OWN HEALTH,
AND ON THE
TREATMENT OF SOME OF THE COMPLAINTS
INCIDENTAL TO
PREGNANCY, LABOUR, AND SUCKLING;
WITH AN
INTRODUCTORY CHAPTER ESPECIALLY ADDRESSED
TO A YOUNG WIFE.

BY

PYE HENRY CHAVASSE,

FELLOW OF THE ROYAL COLLEGE OF SURGEONS OF ENGLAND; FELLOW OF THE
OBSTETRICAL SOCIETY OF LONDON; FORMERLY PRESIDENT OF QUEEN'S COLLEGE
MEDICO-CHIRURGICAL SOCIETY, BIRMINGHAM; AUTHOR OF 'ADVICE TO A
MOTHER ON THE MANAGEMENT OF HER OFFSPRING.'

"Thy wife shall be as the fruitful vine upon the walls of thine house."

FIFTH EDITION.



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TO
SIR CHARLES LOCOCK, BART., M.D.,
FIRST PHYSICIAN ACCOUCHEUR TO HER MAJESTY THE QUEEN.

DEAR SIR CHARLES,

THE kind interest you have taken, and the warm approbation you have bestowed, on my kindred Work, "*Advice to a Mother on the Management of her Offspring*," demand my heartfelt gratitude; in token of which, pray accept the Dedication of this little Volume.

I have the honour to remain,

Dear Sir Charles,

Your faithful and obliged Servant,

PYE HENRY CHAVASSE.

PREFACE TO FOURTH EDITION.

THIS work was not written to satisfy idle curiosity, but to give useful—nay, indispensable information,—not otherwise readily obtainable.

The *ignorance* of a Young Wife—in everything appertaining to her own health during the periods of pregnancy, labour, and suckling—loudly calls for a remedy.—If she alone had to suffer, it would be distressing ; but, in addition to this, her innocent and helpless child is made the victim of her ignorance, which makes it lamentable indeed !

The diffidence of a Young Wife very much adds to the difficulty of applying a remedy.—She is usually too bashful and too sensitive to ask questions of a delicate nature ; and, therefore, is compelled either to remain in ignorance, or to apply to a female friend for information, who, in the majority of cases, is as ignorant as herself in the matter.

What then is to be done ? I reply,—that the only available resource is,—to give her *written directions*,—directions that she may read in private,—ponder over,—and readily understand.

—These *written directions* I have attempted in the following pages.

The large sale of the book has more than answered my expectations, and has proved how much such a work is needed.

I have endeavoured in the Introductory Chapter—especially addressed to a Young Wife—to depict the folly and the danger of the present mode of spending the first year of married life, and have urged the importance of adopting a more rational system.—This, I have considered, not as a matter of choice, but of duty to herself, to her husband, and to her future offspring.

The subject of Menstruation is of immense importance; as, unless that function be properly performed, it is impossible, as a rule, that a woman can conceive.—I have, therefore, given a Young Wife such knowledge of the subject as she will find needful.

The present edition is much enlarged, greatly improved, and carefully revised.—I have put forth my best energies and endeavours to make it still more useful, and, thus, more deserving of public approbation.

PYE HENRY CHAVASSE.

PRIORY HOUSE, OLD SQUARE,
BIRMINGHAM; *April*, 1861.

ADVICE TO A WIFE.

INTRODUCTORY CHAPTER.

1. It may be well—before I enter on the subject of menstruation, pregnancy, labour, and suckling—to offer a few preliminary observations,—especially addressed to a Young Wife.

2. The present fashionable system of spending the first few months of married life in a round of visiting late hours, and in close and heated rooms, calls loudly for a change. How many valuable lives have been sacrificed to such custom! How many miscarriages, premature births, and stillborn children, have resulted therefrom! How many homes have been made childless by such practices! Time it is that common sense should take the place of such folly!

3. The first year of a married woman's life generally determines whether she shall be healthy and strong, or delicate and weak, for the remainder of her existence;—whether she shall be the mother of fine,

healthy children—or—if, indeed, she be a mother at all—of sickly, undersized offspring:—

“Born but to weep, and destin’d to sustain
A youth of wretchedness, an age of pain.” *

If she be not a parent, she will be robbed of the greatest happiness this world can afford.—The delight of a mother, on first calling her child her own, is exquisite, and is beautifully expressed in the following lines:—

“He was my ain, an’ dear to me
As the heather-bell to the honey-bee,
Or the braird to the mountain-hare.” †

4. I should recommend a young wife to consider the important mission she has to perform;—to ponder well on the importance of bringing healthy children into the world;—to bear in mind the high duties that she owes herself, her husband, her children, and society!

5. A young married lady should, at once, commence to take regular and systematic exercise, which may be done without interfering with her household duties.

6. There are few things more conducive to health than walking exercise; and one advantage of our cli-

* *The Nurse*; a Poem. Translated from the Italian of Luigi Tausillo. By William Roscoe.

† *Good Words*, July, 1862.

mate, is, that there are but few days in the year in which, at some period of the day, it may not be taken.

7. Walking is even more necessary in the winter than in the summer-time.

8. If the day be cold, and the roads be dirty, provided it be dry above, I should advise my fair reader to put on thick boots and a warm shawl, and to brave the weather.

9. Sitting over the fire will spoil her complexion, and make her chilly, nervous, and dispirited.

10. It will cause her to be more chilly, and, thus, more susceptible of taking cold, and is a frequent producer of chilblains.

11. If she be cold, the sitting over the fire will only warm her for the time, and will make her colder when she leaves it.

12. There is nothing like a long walk, to thoroughly and effectually warm the body, and to make the blood course merrily through the blood-vessels.

13. I consider it to be a great misfortune that my fair countrywomen do not use their legs more, and their carriages less. Unfortunately, this is an age of luxury. Everything is artificial, and disease and weakness follow as a matter of course.

14. If a lady has to travel half a mile, she must have her carriage! Strange infatuation! Is she not aware that she has hundreds of muscles that want exercising? that she has lungs that require expanding? that she has nerves that demand bracing?

15. And how does she think that the muscles can be exercised, the lungs can be expanded, and the nerves can be braced,—unless these are all made to perform their proper functions by an abundance of walking exercise?

16. Does she desire to be strong? Then let her take exercise! Does she hope to retain her bloom, and her youthful appearance, and, still, to look charming in the eyes of her husband? Then let her take exercise! Does she wish to banish nervousness and low spirits? Then let her take exercise! —There is nothing standing still in nature: if it were,—creation would languish and die! There is a perpetual motion! And so must we be constantly employed (when not asleep) if we are to be healthy and strong! Nature will not be trifled with; these are her laws, and we dare not infringe them with impunity!

17. If a newly married woman be delicate—as unfortunately too many are—she may be made to bear exercise well, provided she will begin to take a short walk at first—be it ever so short—and gradually *increase it, until she is able to take a tolerably long*

one. She may find it irksome at first, and may be inclined to give it up in despair; but, if she value her health and happiness, let me urge her to persevere, and she may depend upon it that she will be amply rewarded for her trouble.

18. Frequently a delicate lady complains of cold feet:—walking is the best remedy she can have to warm them. If they be cold before retiring to rest—a frequent cause of keeping her awake—let her walk briskly about the hall, or landing, or a large room, for half an hour, before undressing for the night.

19. The reason why my fair countrywomen take so much opening medicine is,—the want of exercise. How truly it has been said that,—“Physic, in most cases, is a substitute for either exercise or temperance.”

20. A newly married woman should be cautious in the taking of horse-exercise. As long as she is *not* pregnant, horse-exercise is very beneficial to health, and is a great enjoyment; but the moment symptoms of pregnancy develop themselves, she must instantly give it up.

21. Let her breathe the pure air of heaven, rather than the close, contaminated air of an assembly, or concert-room.

22. The air of an assembly, or concert-room, is con-

taminated with carbonic acid gas. The gas-lights and the respiration of numbers of persons give off carbonic acid gas,—which gas is highly poisonous.

23. The truth of this assertion is patent to every one, who will observe the effects a large assembly—more especially in the evening—has on the system: the headache, the oppression, the confusion of ideas, the loss of appetite, the tired feeling—all tell a tale, and loudly proclaim that an assembly, or concert-room, is not a fit place for a young married woman, who is desirous of having a family.

24. Let a young married lady attend well to the *ventilation* of her house. She may depend upon it that ventilation—thorough ventilation—will prove one of the best friends that she has in the world.

25. Let her give directions to her servant, to have every window in the house opened, early every morning; as the morning air is fresher and sweeter than it is later in the day.

26. Let her give orders that every chimney in the house is unstopped; and mind that she sees, for herself, that her orders have been obeyed: for servants will stop up chimneys if they have the chance, as servants are fully aware that dirt will come down chimneys, and that it will give them a little extra work *to do*.

27. But the mistress has to see to the health of herself and of her household, which is of far more consequence than a little extra trouble for her servant.

28. She may rest assured that *it is utterly impossible for herself and for her family to have perfect health if the chimneys are allowed to be stopped*. I assert this fearlessly, for I have paid great attention to the subject.

29. If the chimney be stopped, the apartment *must*, necessarily, become contaminated with carbonic acid gas—the refuse of respiration—which is, as I have before stated, a deadly poison.

30. I unhesitatingly declare that ninety-nine bedrooms out of every hundred are badly ventilated—that in the morning, after they have been slept in, they are full of impure air.

31. I say, impure air, for the air becomes foul, if not perpetually changed—if not constantly mixed with fresh, pure, external air, both day and night.—“Now, this is the greatest difficulty that, in my humble character of ventilating missionary, I have to contend with; people did not actually recognise when the air *was* foul. They had been so long accustomed to live in an ill atmosphere that their physical (like, alas! many a moral) standard of purity had become degraded. Many a room that to me was stifling, was to them quite innocuous, or at least unnoticed. True,

they felt its effects; they complained of headache, weariness, loss of appetite and spirits, and, above all, of the drowsiness which is the first sign of a vitiated atmosphere; but they attributed all these things to ill health or extraneous causes. It never entered their minds that the present evil was a want of fresh air. It never occurred to them that the reason why, enjoying life enough in the day-time, they yet complained of 'such bad nights,' and found such difficulty in rousing themselves of a morning, was because the air that circulates round a sleeper at night should be *exactly as pure* as that which he breathes during the day. He may defend his body with as many blankets as he likes, just as he would with overcoats by daylight. He may shelter his eyes from light, and his head from draughty currents; but he *must* have in the room a free circulation of absolutely pure air for his lungs to breathe; otherwise, during one-half of his existence—the nocturnal half—he might as well be in a baker's oven, a coal-mine, or a church vault. And that is the reason why so many of one's excellent friends, when they come down stairs in the morning, look exactly as if they *had* spent the night in either of these three rather undesirable apartments, instead of in an ordinary bedroom."*

32. Let her live in the country, if she can. In a town,—coal fires, manufactories—many of them un-

* *Good Words—Give us Air!* By the author of 'John Halifax, Gentleman.' January, 1861.

healthy—confined space, the exhalations from the lungs and from the skin of the inhabitants—numbers of them diseased,—all tend to load the air with impurities.

33. I consider the following remark of Dr. Grosvenor, in his excellent *Essay on Health*, very pertinent; he observes:—"Hence it is that one seldom sees in cities, courts, and rich houses, where people eat and drink, and indulge in the pleasure of appetite, that perfect health and athletic soundness and vigour which is commonly seen in the country, in the poor houses and cottages, where nature is their cook, and necessity is their caterer, where they have no other doctor but the sun and fresh air, and no other physic but exercise and temperance."

34. Cold air is frequently looked upon as an enemy, instead of being contemplated, as, what it really is, to a healthy person—a friend.

35. The effect of cold upon the stomach is well exemplified in a walk, in frosty weather, producing an appetite.—"Cold air," says Dr. Cullen, "applied with exercise, is a most powerful tonic with respect to the stomach; and this explains why, for that purpose, no exercise within doors, or in close carriages, is so useful as that in the open air."

36. Hot and close rooms, soft cushions, and luxurious couches should be eschewed.

37. I have somewhere read, that if a fine, healthy whelp, of the bull-dog species, were fed upon chicken, rice, and delicacies, and made to lie upon soft cushions, and shut up in a close room for some months, when he grew up, he would become unhealthy, weak, and spiritless. So it is with a young married woman; the more she indulges, the more unhealthy, weak, and inanimate she becomes—unfit to perform the duties of a wife, and the offices of a mother.

38. Rich and luxurious ladies are less likely to be blessed with a family than poor and hard-worked women.—“Hippocrates,” says Dr. Tanner, in his recent, valuable work, “did not leave unnoticed the fact, however, that the labour and privation of the lowest sphere of life was as favorable to fertility as the indolence and affluence of the highest was adverse to it: and it still remains true, that the poorest and most industrious part of mankind are the most fruitful.”*—“There is a sore evil which I have seen under the sun, namely, riches kept for the owners thereof to their hurt.”†

39. I consider morning *thorough* ablution of the body one of the most important means of health to a young wife.—There is nothing more tonic and invigorating than cold ablution.

* *On the Signs and Diseases of Pregnancy.* By Thomas Hawkes Tanner, M.D., F.L.S.

† *Ecclesiastes* v, 13.

40. She should strip to the waist, and then proceed to wash her face after the manner so well described by Erasmus Wilson, in his work on *Healthy Skin*. He says—"Fill your basin about two thirds full with fresh water; dip your face in the water, and then your hands. Soap the hands well, and pass the soaped hands with gentle friction over the whole face. Having performed this part of the operation thoroughly, dip the face in the water a second time, and rinse it completely; you may add very much to the luxury of the latter part of the process by having a second basin ready with fresh water to perform a final rinsing.....In washing the face you have three objects to fulfil; to remove the dirt, to give freshness, and to give tone and vigour to the skin."

41. Now for the remaining process of ablution:—having well rubbed the neck with the soaped hands, she should thoroughly bathe the neck, chest, and arms, by means of a large sponge dipped in cold water—the colder the better. The wetted parts should be expeditiously dried.

42. Then, having thrown off her remaining clothes, and merely having her slippers on, she should sit, *for two minutes only*, in a sitz-bath,* containing water to the depth of three or four inches: the moment she is sitting in the bath, she should fill a large sponge with

* Which may be procured of any respectable ironmonger.

the water, and *instantly* allow it to stream well over her back, chest, shoulders, and arms.

43. At first, until she becomes accustomed to the cold (which she will do in a few days), she may use the water tepid, but the sooner she can use *cold* water, and that plentifully, the better—as it will greatly contribute to her health and strength. But, as I said before,—the process must be quickly performed, as it is the shock that does so much good, in bracing and strengthening the system.

44. If her loins, or back, are at all weak, the addition of a large handful of table-salt to the water in the sitz-bath, will be of great service to her.

45. The moment she is out of the bath, she should quickly dry herself.—I should recommend her to use as a towel, the Turkish rubber: it will cause a beautiful glow of the whole body.

46. Oh! if my fair reader did but know the value of thorough cold-water ablutions, she would not lose a day before giving the plan, I have above recommended, a trial. It would banish all, or nearly all, her little ailments and nervousness; it would make her dispense with many of her wrappings; it would keep her, in the winter-time, from coddling and cradling over the fire; it would cause her to resist cold and disease; it would regulate her bowels if she were inclined to constipation; it would make her bloom-

ing, healthy, and strong ; and fit her, in due time, to become the mother of fine, hearty children ! My reader must not fancy that I have overdrawn the picture—I have painted it from the life.—“I only tell what I do know, and declare what I do believe.” Let me urge but a trial, and then my fair reader will have cause to be thankful that she has been induced to carry out my views, and I shall rejoice that I have been the means of her doing so.

47. A young married woman's diet should be simple, plain, and nourishing.

48. She should frequently vary the kind of food—of meat especially—as also the manner of cooking it.

49. Nature delights in variety of food, of air, and of exercise.

50. If a person were fed on one kind of meat for some considerable period, she could scarcely digest any other ; and, in time, a disordered or diseased stomach would be likely to ensue.

51. Three meals a day will be sufficient. It is a mistaken notion to imagine that “little and often” is best.

52. The stomach requires rest as much as or more than, any other part of the body, and how can it have rest if food be constantly put into it ? There is

no part of the body more imposed upon than the stomach!

53. With regard to beverage, as a rule, there is nothing better than toast-and-water, or plain spring water if it be preferred, for dinner—

“Nought like the simple element dilutes,” *

and one or two glasses of sherry or of claret, after dinner.

54. Sometimes, a lady cannot eat her dinner, until she has had a glass of wine; when such is the case, by all means let a glass of wine be taken—that is to say—let her have it just *before* or *during* dinner, instead of *after* dinner.

55. If wine does not agree, and the patient requires a stimulant, a tumbler of home-brewed ale, or, of the Burton bitter ale, may be taken at dinner, instead of water.

56. But remember, if she takes beer, or porter, she should take a great deal of out-door exercise; otherwise, the malt liquor will make her bilious.

57. She should not, if she feel low, fly, on every occasion, to wine to raise her spirits; but should try the effects of a walk in the country, and

“Draw physic from the fields in *draughts* of vital air.”

* Armstrong.

58. A young wife should rise betimes in the morning; and never doze after she is once awake. Dozing is most weakening to the body, and enervating to the mind. It is a species of dram-drinking; therefore, let my fair reader shun it with all her might.

59. Let her commence early rising as soon as she is married, let her establish the habit, and it will cling to her for life.

60. It is wonderful how much may be done betimes in the morning. There is nothing like a good start,—it makes the occupation, for the remainder of the day, easy and pleasant.

61. How glorious and balmy is the first breath of morning—more especially to those living in the country. It is more exhilarating, invigorating and refreshing than it is all the rest of the day.—“It is now the beautiful summer season, when our kind Creator has given us the greatest delights of nature. It is the time of flowers, and fruits, and birds, and beautiful prospects. But, to enjoy them fully, you must rise betimes. Young persons sometimes get into a very bad habit of lying in bed for some hours after the sun is up. They are asleep when creation is showing its wonderful beauties. They lose many pleasures which they might enjoy for nothing, and they are forming a habit which is likely to remain with them as long as they live. Make one fair trial of early rising, and you will be persuaded that I am

right. Go out with me just before sunrise. The moment you go abroad, what a freshness and fragrance breathes from the country around! What a concert of gay birds in the woods! What brilliant colours in the various flowers! Now, tell me, is not this far better than to be lying, stupidly asleep, in a warm bed? Early rising is good for the health. Most old people will tell you that they have been early risers. If you wish to have an appetite for your breakfast, go out in season and brush away the early dew. A little exercise in these morning hours is better than a great deal at a later hour in the day. Begin at once; everything must have a beginning. It will be a little hard at first, but it will be less and less so every day. Spring out of bed the moment you open your eyes. Never lie an instant after you awake and find it day. This will soon make it necessary for you to retire early, and you will not wake too early more than once or twice.”*

62. There is a perfect charm in nature which early risers alone can appreciate.—“There is a period in the summer’s morning, known only to early risers, which combines all the tenderness of the dawn with nearly all the splendour of the day. There is at least full promise of the dazzling noon; but yet the dew-drop glistens on the half-opened flower, and yet the birds sing with rapture their awakening song.”†

* *Daily Duty*. London: Nelson and Sons.

† *Good Words*, October, 1861.

63. Let a young wife retire early to rest.

64. It is impossible that she can rise early in the morning, unless she retire early at night. It should be borne in mind,—that a couple of hours' sleep before midnight does more good than four hours afterwards.

65. She should pay particular attention to the ventilation of her sleeping apartment, and she herself should never omit to open the windows before leaving the room in the morning; and, in the summer, should leave the upper window-sash open, for about three inches, during the night.—The idea, that it will give cold, is erroneous; it will be more likely to prevent cold,—by strengthening the system and by carrying off the impurities from the lungs and skin.

66. It is madness to sleep in a room without ventilation,—it is inhaling poison; for the carbonic acid gas—the refuse of respiration, which the lungs are constantly throwing off,—is a poison; and, of course, if there be not ventilation, an individual must breathe this carbonic acid gas mixed with the atmospheric air.—Hence the importance—the vital importance—of either an open chimney or of an open window, or of both.

67. The chimney, then, must never be stopped, even if the window be closed; and the window should not be closed even in the night, unless the weather be very wet or bitterly cold.

68. I should strongly recommend my fair reader, and indeed every one else, to peruse the good and talented Florence Nightingale's *Notes on Nursing*. They should be written in letters of gold, and should be indelibly impressed on the memory of every one who has the interest of human life and happiness at heart.

69. Florence Nightingale declares,—that no one ever takes cold from proper ventilation while in bed.—I believe her; and I need not say, that no one has had more experience and better opportunities of judging about what she writes than this accomplished authoress.

70. I fearlessly assert, that no one can sleep sweetly and refreshingly, unless there be *thorough* ventilation of the apartment.

71. A patient may have heavy, drowsy, death-like sleep, in an *unventilated* apartment; and well she may!—She is under the stupefying effects of poison—the carbonic acid gas—which is constantly being evolved from the lungs, and which wants a vent, but cannot obtain it—is, as I have before remarked, a deadly poison!

72. I, moreover, declare, that she cannot have sweet, refreshing sleep at night, unless she takes plenty of exercise, and unless she has an abundance of *active useful* occupation, during the day.

73. Occupation—active, useful occupation—is the best composing medicine in the world ;—and the misfortune of it is,—that rich ladies have little or no occupation to cause them to sleep ! Pleasure they have in abundance, but little or no real occupation.—“The sleep of a labouring man is sweet, whether he eat little or much : but the abundance of the rich will not suffer them to sleep.”*

74. Let me strongly caution the newly made wife against the evil effects of tight-lacing.

75. The size of the waist should be, as a general rule, from twenty-seven to twenty-nine inches in circumference ; therefore, if a lady binds and girds herself in, until she be only twenty-three inches, and, in some cases, until she be only twenty-one inches, it must be done at the expense of comfort, health, and happiness.

76. If stays be worn tightly, they press down the contents of the abdomen, and may either prevent a lady from having a family, or may produce a miscarriage.†

77. Let her clothing be loose and adapted to the season. She should not adopt the fashion of wearing warm clothes with long sleeves in the morning, and thin dresses with short sleeves in the evening.

* *Ecclesiastes* v, 12.

† I have entered so fully into the evil effects of tight-lacing in my other work—*Advice to a Mother*—that I consider it quite unnecessary to say more, in this place, on the subject.

78. She should not coddle, nor muffle up her throat with furs. Boas are the most frequent cause of sore throats, and, therefore, the sooner they are discarded the better.

79. If my gentle reader will use cold water ablutions freely, she will find that she will not require nearly so much clothing.

80. Let the amusements of a young married lady be dictated by reason, and not by fashion. She should avoid all recreations of an exciting kind, as depression always follows excitement.

81. I would have her prefer the amusements of the country to those of the town—such as, a flower-garden, botany, archery, bowls; everything, in fact, that will take her into the open air and cause her to enjoy the pure, simple, and exquisite beauties of nature.

82. Oh! that my countrywomen should prefer the contaminated air of ball and concert-halls and close rooms, to the fresh, and sweet, and health-giving air of the country!

83. Hear what a talented writer says on the ill effects of breathing the air of public assemblies:—
“The demon of all human assembles is carbonic acid gas. All audiences, from a prayer-meeting down to a penny gaff, are doomed to be poisoned by their own breaths, at least in these northern countries, for the

Athenians and Romans had their open-air theatres, and the Spaniards have their open-air bull-fights, and nowhere is the atmosphere so agreeable as in St. Peter's, at Rome."*

84. Let me, in this place, enter my strong protest against a young wife dancing. It is one of the most dangerous amusements if she be anxious to have a family,—as IT IS A FRUITFUL SOURCE OF MISCARRIAGE. And the misfortune is, that if she once miscarry, she may go on again and again, until her constitution is severely injured ; and all hopes of having a family may be at an end.

85. She should cultivate the pure joys of home. If her lot be happily cast in the country, so much the greater cause has she for gratitude.—“How sweet, how tranquil, how consoling the quiet joys of a domestic country home, when contrasted with the feverish excitement of city gaieties, where, too often, the heart upbraids itself for its past enjoyment, and mourns over the remembrance of wasted and misspent hours. Barter not, then, the pure gold of quiet retirement for the sparkling tinsel of turbulent gaiety :

‘Sigh not in vain for pleasure,
Oh, do not wildly roam ;
But seek that hidden treasure
At home, sweet home !’ ”†

* *Blackwood*, Nov., 1861.

† *Old Humphrey's Friendly Appeals*.

86. The quiet retirement of her own home should then be her greatest pleasure.—“Woman’s usefulness, and woman’s happiness, are especially connected with wedded life. There is something very beautiful in the Scriptural expression concerning a married woman. She finds *rest in the house of her husband*.”*

87. Home is, *or should be*, the kingdom of woman, and she the reigning potentate:—“That old order—God forbid it should ever change!—which ordained that women should be ‘keepers at home;’ happy rulers of that happy little world.”†

88. Cheerfulness, occupation, and healthy activity of mind cannot be too strongly recommended.

89. A cheerful, happy temper is one of the greatest blessings a wife can have. The possessor of such a virtue, not only makes herself happy, but every one around her. It gilds, with sunshine, the humblest dwelling; and often converts an indifferent husband into a good one.—“Oh! if such women did but know what comfort there is in a cheerful spirit! How the heart leaps up to meet a sunshiny face, a merry tongue, an even temper, and a heart which either naturally or, what is better, from conscientious

* *The Protoplast*. London: Wertheim and Macintosh.

† *Mistress and Maid*. By the delightful author of *John Halifax, Gentleman*, in *Good Words*, June, 1862.

principle, has learned to take all things on their bright side, believing that the Giver of life being all-perfect Love, the best offering we can make to Him is to enjoy to the full what He sends of good, and bear what he allows of evil!—like a child who, when once it thoroughly believes in its father, believes in all his dealings with it, whether it understands them or not. . . . Among the many secondary influences which can be employed either by or upon a naturally anxious or morbid temperament, there is none so ready at hand, or so wholesome, as that one incessantly referred to in the course of these pages, —constant employment. A very large number of women, particularly young women, are by nature constituted so exceedingly restless of mind, or with such a strong physical tendency to nervous depression, that they can by no possibility keep themselves in a state of even tolerable cheerfulness, except by being continually occupied. At what, matters little; even apparently useless work is far better for them than no work at all.”*

90. Every young wife, let her station be ever so exalted, should attend to her household duties.† Her health, and, consequently, her happiness, demand the exertion.

* *A Woman's Thoughts about Women.*

† A virtuous woman “looketh well to the ways of her household, and eateth not the bread of idleness.”—*Proverbs xxxi, 27.*

91. The want of occupation is a fruitful source of discontent* and disease.

92. If a young married woman did but know the importance of occupation,—how much misery may be averted, and how much happiness may be ensured by attending to her household duties—she would appreciate the importance of the advice.

93. Occupation improves the health, drives away *ennui*, cheers the hearth and home, and, what is most important—if household duties are well looked after—her house becomes a paradise, and she the ministering angel to her husband!

94. A husband soon becomes tired of grand performances on the piano, of crochet and worsted work, and other fiddle-faddle employments; but, he can always appreciate a comfortable, clean, well-ordered, bright, cheerful, happy home, and a good dinner!

95. It may be said, that a wife is not the proper person to cook her husband's dinner?—True!—But a wife should see and know that the cook does her duty; and, if the wife did, perchance, know *how* the dinner should be cooked, I have yet to learn, that the

* "Hold idleness to be the mother of sin; it both robs thee of the good thou hast, and hinders thee of what thou hast not."
—"On some Guesses of Truth," in *Good Words*, June, 1862.

husband would think any the worse of her for such knowledge !

96. As soon as a lady marries, the romantic nonsense of school-girls will rapidly vanish, and the realities of life will take their place, and she will then know, and sometimes to her cost, that a *useful* wife will be thought much more of than an *ornamental* one.

97. It is better for a young wife, and for every one else, to have too much occupation than to have too little. The misfortune of the present day, is—that servants are made to do *all* the work, while the mistress of the house remains idle!—"Time flies rapidly with those who have more to do in the day than they can accomplish; and drags along as heavily with all who have no employment for their hours. Occupation is the great secret of cheerful days and tranquil nights; for she that is well employed while the sun is in the skies will not only enjoy much, but most likely sleep soundly when the stars are shining above her. Occupation will often blunt the edge of the sharpest grief, keep the body in health, and preserve the mind in comparative peace."*

98. Longfellow, in his *Song of the Blacksmith*, beautifully and graphically describes the importance and value of occupation; and as occupation is as

* *Old Humphrey's Addresses.*

necessary to a woman as to a man, I cannot resist transcribing it :

“ Toiling,—rejoicing,—sorrowing,
Onward through life he goes;
Each morning sees some task begin,
Each evening sees its close;
Something attempted, something done,
Has earned a night’s repose.”

99. Truly may it be said that “ occupation earns a night’s repose.”—It is the finest composing medicine in the world, and, unlike an opiate, it never gives a headache, and never, by repetition, loses its effect. Sloth and restlessness, even on down, are generally bed-fellows :—

“ ————— Weariness
Can snore upon the flint, when rusty sloth
Finds the down pillow hard.”

100. The mind, it is well known, exerts great influence over the body in promoting health, and in causing and in curing disease.

101. Delicate women are apt to make mountains of mole-hills; they are usually too prone to fancy themselves worse than they really are. I should recommend my gentle reader not to fall into these errors, and not to magnify every slight ache or pain.

102. There is nothing like occupation—active occupation—to cure slight pains,—“ constant occupation physics pain,” to drive away little ailments, and the dread of sickness.—“ The dread of sickness,” says

Dr. Grosvenor, "is a distemper of itself, and the next disposition to a many more. What a bondage does this keep some people in! 'Tis an easy transition from the fear and fancy of being sick to sickness indeed. In many cases, there is but little difference between those two. There is one so afraid of being ill that he would not stir out of doors, and for want of air and exercise he contracts a distemper that kills him."

103. If a young married lady be delicate and nervous, without having any actual disease upon her, there is no remedy equal in value to change of air; more especially to the sea-coast.

104. The sea-breezes and sea-bathing, if she be not pregnant, frequently act like magic upon her in restoring her to perfect health.

105. I say, if she be not pregnant; if she be, it would be highly improper for her to bathe without the express permission of a Medical man.

106. Should it not be practicable for her to visit the sea-coast, let her be in the fresh air—in the country air. Let her mornings be spent out of doors; and if she cannot inhale the *sea* breezes, let her inhale the *morning* breezes:—

"The skies, the air, the morning's breezy call,
Alike are free, and full of health to all."*

* Sir Egerton Brydges.

107. Cheerfulness and evenness of temper should be especially cultivated by a young wife. There is nothing that promotes digestion more than a cheerful, placid temper.

108. We know that the converse is very detrimental to that process:—that violent passion takes away the appetite, deranges the stomach, and frequently disorders the bowels. Hence it is, that those who attain great ages are usually of an even, cheerful temper.—“Our passions are compared to the winds in the air, which, when gentle and moderate, let them fill the sail, and they will carry the ship on smoothly to the desired port; but when violent, unmanageable, and boisterous, it grows to a storm, and threatens the ruin and destruction of all.”*

109. By adopting the dictates of reason and of common sense, many of the nervous, useless, lackadaisical, fine ladies will be unknown; and we shall have blooming wives, who will, in due time, become the mothers of hardy, healthy, happy children.

110. As menstruation plays such an important part in the female economy, I purpose devoting the following chapter to its consideration.

* Dr. Grosvenor.

PART I.

MENSTRUATION.

111. **MENSTRUATION**—the appearance of the catamenia, or the menses—is a most important epoch in a female's life.—Her body now becomes developed and expanded, and her mental capacity is enlarged and improved.—She then ceases to be a child and becomes a woman.—“She is no longer a child and she puts away childish things.”—She is now for the first time, as a rule, able to conceive.

112. Although puberty has at this time commenced, it cannot be said that a woman is at her full-perfection: it takes eight or ten years to complete her organization,—which will bring her to the age of twenty-three or twenty-five years; which, perhaps, are the best ages for a woman, if she has the chance, to marry.

113. If she marries very young, marriage weakens her system, and prevents a full development of the



body: if she marries late in life, she has, for the first time, usually, a hard labour, and, frequently, does not live to see her children grow up to be men and women.

114. Menstruation generally comes on once a month, that is to say—every twenty-eight days; usually to the day, and frequently to the hour. Some women, instead of being “regular” every month, are “regular” every three weeks.

115. Each menstruation generally continues from three to five days; in some females, for a week; and in others, for a longer period.

116. It is estimated that, during each menstruation, from four to six ounces is the quantity discharged.

117. A lady seldom conceives unless she is “regular.” Although, there are cases on record where women have conceived who have never been “unwell:” but these cases are extremely rare.

118. Menstruation usually commences, in this country, at the age of thirteen or fifteen; sometimes, earlier; occasionally, as early as eleven or twelve; at other times, later, and not until a girl is seventeen or eighteen years of age.

119. In large towns, menstruation is supposed to

commence at an earlier period than in the country villages; and earlier in luxurious than in simple life.*

120. Menstruation generally continues for thirty, and sometimes even for thirty-five years; and, while it lasts, is a sign that a lady is liable to become pregnant; unless menstruation should be protracted much beyond the usual period of time.

121. As a rule, then, when a female "ceases to be unwell," she ceases to have a family; therefore, as menstruation usually ceases at forty-five, it is seldom that a woman has a family after that age.

122. I have known ladies become mothers when they have been upwards of fifty years of age. I myself delivered a woman, in her fifty-first year, of a fine healthy child. She had a kind, easy labour; and was the mother of a large family, the youngest being, at the time, twelve years old.†

* "In the human female, the period of puberty, or of commencing aptitude for procreation, is usually between the thirteenth and sixteenth years; it is generally thought to be somewhat earlier in warm climates than in cold, and in densely populated manufacturing towns than in thinly peopled agricultural districts. The mental and bodily habits of the individual have also considerable influence upon the time of its occurrence; girls brought up in the midst of luxury or sensual indulgence undergoing this change earlier than those reared in hardihood and self-denial."—*Dr. Carpenter's Human Physiology*.

† "Some curious facts come to light in the Scotch Registrar-

123. In very warm climates—near the tropics—females menstruate when very young,—at ten or eleven years old; indeed, they are sometimes mothers at those ages. But, when it commences early, it leaves early; so that they are old women at forty.—“Physically, we know that there is a very large latitude of difference in the periods of human maturity, not merely between individual and individual, but also between nation and nation; differences so great, that, in some southern regions of Asia, we hear of matrons at the age of twelve.”*

124. Dr. Montgomery† brings forward some interesting cases of early maturity. He says,—

“Bruce mentions that in Abyssinia he has frequently seen mothers of eleven years of age; and Dunlop witnessed the same in Bengal. Dr. Goodeve, Professor of Midwifery at Calcutta, in reply to a query on the subject, said, ‘The earliest age at which I have *known* a Hindu woman bear a child is ten years, but I have *heard* of one at nine.’”

General’s report in reference to prolific mothers. One mother, who was only eighteen, had four children; one, who was twenty-two, had seven children; and of two, who were only thirty-four, one had thirteen and the other fourteen children; and, on the other hand, two women became mothers as late in life as at fifty-one, and four at fifty-two; and one mother was registered as having given birth to a child in the fifty-seventh year of her age.”

* De Quincey.

† *Exposition of the Signs and Symptoms of Pregnancy.*

125. In cold climates—such as Russia—women begin to menstruate late in life, frequently not until they are between twenty and thirty years old; and, as it lasts on them thirty, or thirty-five years, it is not an unusual occurrence for females to bear children at a very advanced age,—even so late as sixty. They are frequently not “regular” oftener than three or four times a year.

126. The menstrual fluid is not exactly blood, although it much resembles it in appearance and properties; yet, in the healthy state, it never clots, as blood does.—It is a secretion from the womb, and, when healthy, ought to be of a bright-red colour, very much like arterial blood.*

127. The menstrual fluid ought not, as before observed, to clot.—If it does, a lady generally suffers great pain during menstruation.—Moreover, she seldom conceives until the clotting has ceased.—Therefore, in such a case, application should be made to a Medical man, who will soon relieve the above painful symptoms.

* “The catamenial discharge, as it issues from the uterus [womb], appears to be nearly or quite identical with ordinary blood; but in its passage through the vagina, it becomes mixed with the acid mucus exuded from its walls, which usually deprives it of the power of coagulating. If the discharge should be profuse, however, a portion of its fibrin remains unaffected, and clots are formed.”—*Dr. Carpenter's Human Physiology*.

128. Menstruation ceases *entirely* in pregnancy; generally, during suckling; and, usually, in diseased and disordered states of the womb.

129. It also ceases in cases of extreme debility, in severe illness, and in consumption; indeed, in the latter disease—consumption—it is one of the most unfavorable symptoms.

130. It has been asserted, and by men of great experience,—that some women menstruate during pregnancy.—In this assertion I cannot agree; it appears utterly impossible that a woman should do so.—The moment a female conceives, the neck of the womb becomes plugged up by means of mucus; it is, in fact, hermetically sealed.

131. My old, respected and talented teacher, the late Dr. David D. Davis,* declared it to be quite impossible for menstruation to occur during pregnancy. He considered that the discharge, which was mistaken for menstruation, arose from the rupture of some small vessels about the neck of the womb.

132. Some ladies—though comparatively few—menstruate during suckling; when they do, it may be considered the exception, and not the rule. In

* Dr. David D. Davis was Physician-Accoucheur in attendance at the birth of her present Majesty.

such cases, it is said that they are more likely to conceive.

133. Some persons have an idea that the milk is sweeter and purer when a mother menstruates during suckling.—Such is an error.—Menstruation during suckling is more likely to weaken the mother, and, consequently, to deteriorate the milk. It therefore behoves a parent never to take a wet-nurse who menstruates during the period of lactation.

134. Sometimes a lady suffers severe pains just before and during her “poorly” times. When such is the case, she seldom conceives until the pain be removed. She should, therefore, apply to a Medical man, as relief may soon be obtained.

135. At other times, menstruation is too profuse, which is also unfavorable to her becoming a mother, as well as weakening to her constitution, and tends to bring her into a bad state of health.

136. In such a case,—ABSENCE FROM HOME for five or six weeks, change of air to the coast, lying on a horse-hair mattress, scant clothing on the bed, thorough ventilation of the chamber, nourishing but not stimulating diet, freedom from excitement, shower-baths, sitz-baths, and sea-bathing, are desirable.

137. When a lady is not "regular," and provided that she be not pregnant, she should immediately apply to a Medical man; as, she may depend upon it, there is something wrong about her, and that she is not likely to become *enceinte** until menstruation is properly established.

138. When a female is said to be "regular," it is understood that she is regular as to *quality, quantity, and time.*

139. If she be only "regular" as to *time*, and the *quantity* be deficient or in excess, or if she be regular as to *time*, and the *quality* bad—either too pale or too dark—she cannot be well; and the sooner means are adopted to rectify the evil, the better will it be for her health and happiness.

140. As soon as a lady ceases to menstruate, it is said, that she has "a change of life," and, if she does not take care, she will have "a change of health,"

* With regard to the origin of the word *enceinte*, Dr. Montgomery, in his valuable *Exposition of the Signs and Symptoms of Pregnancy*, observes:—"Many a one who confesses, with a smile or a blush, that she is *enceinte*, would do well to remember the origin of the word she uses. It was the habit of the Roman ladies to wear a tight girdle or cincture round their waist; but when pregnancy occurred, they were required by law, at least that of opinion, to remove this restraint; and hence a woman so situated was said to be *incincta*, or unbound, and hence also the adoption of the term *enceinte* to signify a state of pregnancy."

which, probably, will be for the worse.—It is important, in such a case, that she should consult a Medical man on the subject, as he may, with judicious treatment, be able to ward off many serious diseases, to which she may be otherwise liable.

PART II.

PREGNANCY.

SIGNS OF PREGNANCY.

141. THE first sign that leads a lady to suspect that she is pregnant, is—her *ceasing to be unwell*. This, provided she has been just before in good health, is a strong symptom of pregnancy; but, still, there must be others to corroborate it.

142. The next symptom is—*morning-sickness*.—This is one of the earliest symptoms of pregnancy; as it sometimes occurs a few days after conception, and, indeed, generally, not later than a fortnight or three weeks. Morning-sickness is frequently very distressing, oftentimes amounting to vomiting, and causing a loathing of breakfast. After the first three or four months, this sign usually disappears.

143. Morning-sickness is not always present in pregnancy; but, nevertheless, it is a frequent accom-

paniment; and many females, who have had families, place more reliance on this symptom than on any other.

144. A third symptom is—*shooting, throbbing, and lancinating pains, and enlargement of the breasts, with soreness of the nipples*, occurring about the second month; and, in some cases, after the first few months, a little watery fluid, or milk, may be squeezed out of them.

145. This latter symptom, in a *first* pregnancy, is very valuable, and can generally be relied on as conclusive—that the female is pregnant.

146. In an *after* pregnancy, it is not so valuable, as a *little* milk may remain in the breast for some time after she has weaned the child, even should she not be pregnant.

147. The veins of the breast look more blue, and are, consequently, more conspicuous than usual. The breasts are firm, and are more knotty to the touch.

148. The nipples, in the majority of cases, look more *healthy* than customary, and are somewhat elevated and enlarged: there is generally a slight moisture upon their surface, sufficient, in some instances, to mark the linen.

149. A dark-brown areola, or disk, may usually be

noticed around the nipple;* the change of colour commencing about the second month; at first, the colour is light-brown, which gradually deepens in intensity, until, towards the end of pregnancy, the colour may be very dark.

150. Dr. Montgomery, who has paid great attention to this subject, observes:—"During the progress of the next two or three months, the changes in the areola are in general perfected, or nearly so, and then it presents the following characters:—A circle around the nipple, whose colour varies in intensity, according to the particular complexion of the individual, being usually much darker in persons with black hair, dark eyes, and sallow skin, than in those of fair hair, light-coloured eyes, and delicate complexion. The area of this circle varies in diameter, from an inch to an inch and a half, and increases in most persons as pregnancy advances, as does also the depth of colour."

151. The dark areola is somewhat swollen.—"There is," says Dr. Montgomery, "a puffy tumescence, not alone of the nipple, but of the whole surrounding disk."

152. A fourth symptom is — *quickenings*. This

* "William Hunter had such faith in this sign that he always asserted he could judge by it alone whether or not a woman was pregnant."—*Signs and Diseases of Pregnancy*—Dr. Tanner.

usually occurs about the completion of the *fourth* calendar month ; sometimes, a week or two before the end of that period ; at other times, a week or two afterwards.

153. Some ladies quicken as early as the *third* month, while others, although rarely, quicken as late as the *fifth*, and, *in very rare cases*, the *sixth* month.

154. Therefore, it will be seen there is a great uncertainty as to the period of quickening ; although, as I before remarked, the *usual* period occurs on the completion of the *fourth* month of pregnancy.

155. A lady, at this time, frequently either feels faint, or actually faints away ; she is often giddy, sick, and nervous, and, in some instances, even hysterical.

156. Although, in rare cases, some women do not even know the precise time when they quicken.

157. The sensation of “quickening” is said, by many females, to resemble the fluttering of a bird.

158. “Quickening” arises from the ascent of the womb higher into the abdomen ; as, from the increased size, there is not room for it below.

159. The old-fashioned idea was, that the child was not alive until a woman had quickened.—This is a mistaken notion, as the child is alive, or “quick,” from the very commencement of its formation.

160. Flatulence has sometimes misled a young wife to fancy that she has quickened ; but, in determining whether a lady be pregnant, we must never be satisfied with one symptom alone ; if we are, we shall frequently be misled.

161. The fifth symptom is—*increased size and hardness of the abdomen* immediately after quickening.

162. The sixth symptom is—*pouting or protrusion of the navel*. This symptom does not occur until some time after a lady has quickened. Indeed, for the first two months of pregnancy, the navel is drawn in and depressed.

163. As the pregnancy advances, the navel gradually comes more forward.—“The navel, according to the progress of pregnancy, is constantly emerging, till it comes to an even surface with the integuments of the abdomen ; and to this circumstance much regard is to be paid in cases of doubtful pregnancy.”*

164. *Sleepiness, heartburn, increased flow of saliva, toothache, loss of appetite, longings, excitability of mind, a pinched appearance of countenance, liver or sulphur coloured patches on the skin, and likes and dislikes in eating*—frequently accompany pregnancy, but, as they may arise from other causes, are not to be relied on, further than this—that if they attend the more

* Dr. Denman.

certain signs of pregnancy—such as,—cessation of being regular, morning sickness, pains and enlargement of the breasts, the gradually darkening, brown areola around the nipple, &c.—they will then make assurance doubly sure, and a lady may know, for certain, that she is pregnant.*

CLOTHING.

165. A pregnant female should on no account wear tight dresses—as the child should have plenty of room.—She should be as *enceinte* signifies—*incincta*, or unbound.—Let the clothes be adapted to the gradual development of the abdomen and bosoms.

166. She should wear her stays loose, whatever she may usually do. If there be bones in the stays, let them be removed.

167. Tight-lacing is injurious both to mother and to child, and frequently causes a woman to miscarry; at other times, it has produced cross-births; and, in certain cases, it has so pressed in the nipples, that where a female has gone her time, she has been unable to suckle her child, the attempt oftentimes causing gathered breasts.

* As this work is exclusively intended for the perusal of Wives, I have not pointed out one of the signs of pregnancy, which, to a Medical man, is very conclusive; I mean, the sounds of the fetal heart, indicated by the stethoscope.

168. The garters should be worn slack during pregnancy.—“Another article of dress, too commonly worn, is not without its evils—tight garters, which add seriously to the annoyances caused by œdema [swelling] of the lower extremities, and by varicose veins.”*

ABLUTION.

169. A *warm*-bath in pregnancy is too relaxing. A *tepid*-bath, once a week, is beneficial.

170. Sponging the body, with tepid water, every morning, may be adopted with safety and advantage; gradually reducing the temperature of the water until it be used quite cold.

171. The body should be quickly but thoroughly dried with a moderately coarse towel.

172. The *bidet*, or a sitz-bath, should be used *every morning*. The patient should not remain more than two minutes in the water; and, until she becomes accustomed to the cold, she may have a dash of warm water added; but the sooner she can use quite cold water the better. *She will find the greatest comfort and benefit from adopting the above recommendation.* Instead of giving, it will prevent cold, and will be one of the means of warding off a miscarriage.

* Dr. Montgomery.

173. A shower-bath gives too great a shock in pregnancy, and may induce miscarriage.

174. I should *not* recommend sea-bathing for a pregnant female ; nevertheless, if she be delicate and prone to miscarry, change of air to the coast, and inhaling the sea-breezes, may brace her, and ward off the tendency.

175. But, although sea-bathing is not desirable, sponging the body with cold sea-water may be of great service.

AIR AND EXERCISE.

176. In her *first* pregnancy, a Young Wife usually takes *too long walks*.—This is a common cause of *flooding, miscarriage, and bearing down* of the womb.

177. Therefore, as soon as a lady has *the slightest suspicion* that she is pregnant, she should be most careful in the taking of exercise.

178. Though long walks are improper, she must not run into an opposite extreme:—short, gentle walks cannot be too strongly recommended during the whole period of pregnancy.—They prevent many of the unpleasant symptoms attendant on that state;—they keep a female in health;—open the bowels;—and relieve that sensation of faintness

and depression, so common and distressing in early pregnancy.

179. Stooping, lifting of heavy weights, and over-reaching, should be carefully avoided.

180. Running, horse-exercise, and dancing, are likewise improper,—they frequently induce miscarriages.

181. Indolence is most injurious in pregnancy.—Ladies who loll on sofas and easy-chairs during the greater part of the day, and who seldom walk out, have generally more lingering and severe labours than those who attend to their household duties, and who take moderate and regular exercise in the open air.

182. An active life is one, and the principal reason, why the wives of the poor have such quick and easy labours, and such good recoveries.

183. Sometimes a lady looks upon pregnancy more as a disease, than as a natural process—hence she treats herself as though she were a regular invalid, and, unfortunately, too often makes herself really unwell by improper and foolish indulgences.

VENTILATION.

184. Let a lady look well to the ventilation of her house; let her take care, that every chimney be un-

stopped, and that every window, in every unoccupied room, during the day-time, be thrown open.

185. If a lady did but know the importance—the vital importance—of ventilation,—she would see that the above directions were carried out to the very letter.

186. My firm belief is,—that if more attention were paid to ventilation—to thorough ventilation—child-bed fever would almost be an unknown disease.

187. The 'cooping-up' system is abominable: it engenders all manner of infectious diseases, and not only engenders them, but feeds them, and, thus, keeps them alive.

188. There is nothing wonderful in all this, if we consider, but for one moment, that the exhalations from the lungs are poisonous! That is to say—that the lungs give off carbonic-acid-gas (a deadly poison), which, if it be not allowed to escape out of the room, must be breathed over and over again.—That, if the perspirations of the body (which in twenty-four hours amounts to several pints!) be not permitted to escape out of the apartment, must become fetid—repugnant to the nose, and injurious to the health.—Oh! how often the nose is a sentinel, and warns its owner of approaching danger!

189. If a lady, while on an errand of mercy, should

go into a poor person's bedroom, in the morning, after he, she, or they (for oftentimes the room is crowded), have been sleeping during the night, and, where a breath of air is not allowed to enter—the chimney and every crevice having been stopped up—and where too much attention has not been paid to personal cleanliness,—she will experience—a faintness, an oppression, a sickness, a headache, a terrible fetid smell; indeed, she is in a poisoned chamber! It is an odour *sui generis*, which must be smelt to be remembered, and never to be forgotten!

190. Pity the poor who live in such styres, not fit for pigs! For pigs—styres are ventilated! But, take warning, ye well-to-do in the world! and look well to your ventilation, or beware of the consequences!

NECESSITY OF OCCASIONAL REST.

191. A pregnant female should lie on the sofa one or two hours a day, for half an hour each time.—This will be particularly necessary, if there be a bearing-down of the womb, or if there be a predisposition to miscarry.

192. I should recommend this plan to be adopted throughout the whole period of pregnancy;—in the early months, to prevent miscarriage; and,—in the latter months, on account of the increased weight and size of the womb.

193. Occasionally, there is a difficulty in lying down during the latter months; the patient feeling as though she would be suffocated every time she makes the attempt.

194. When such is the case, she may rest herself upon the sofa, and be propped up with cushions; as I consider, rest, at different periods of the day, necessary.

195. If there be any difficulty in lying down at night, a bed-rest will be found a great comfort.

DIET.

196. An abstemious diet, during pregnancy, is essential; as the habit of body, at that time, is usually feverish and inflammatory.

197. I should, therefore, recommend abstinence from malt liquor, wine, and spirits; and that meat be eaten but once a day. Rich soups and highly seasoned stews are improper.

198. A pregnant female may depend upon it,—that the less stimulants she takes at these times, the better it will be both for herself and infant, the more kind will be her labour, and her “getting about,” and the more vigorous and healthy will be her child.

199. It is a mistaken notion, that a lady requires

more nourishment during pregnancy than at any other time ; she, if anything, requires less.

200. Roasted apples, ripe pears, raspberries, strawberries, grapes, tamarinds, figs, stewed prunes, the inside of ripe gooseberries, and the juice of oranges, are particularly beneficial during pregnancy ; they quench thirst, and tend to open the bowels.

201. The food of a pregnant lady cannot be too plain ;—high-seasoned dishes should, therefore, be avoided.

202. Although the food be plain, it should be frequently varied.—She should ring the changes upon butcher's meat, poultry, game, and fish.

203. It is a mistaken notion—that people should eat the same food over and over again, one day as another. The stomach requires variety, or disease ensues.

204. Light puddings—such as rice and batter—or fruit puddings—provided the paste be plain—may be taken with advantage. Rich pastry is highly improper.

205. If the patient be plethoric, abstinence is still more necessary, or she may suffer severely during *her labour*.

206. The old-fashioned plan was—to bleed a *plethoric*, pregnant female.—A more absurd plan could not be adopted! Frequent bleedings would only increase the mischief, by causing more blood to be made; but, certainly, it would be blood of an inferior quality—watery and poor.

207. The best way to lessen the quantity of blood, is,—to moderate the supply of food.

SLEEP.

208. The bed-room of a pregnant lady should, if practicable, be large and airy.

209. Particular attention should be paid to ventilation. The chimney should, on no account, be stopped.

210. In the daytime, the windows should be thrown wide open; and the bedclothes should be thrown back, that the air may well ventilate them before the night comes on.

211. It is a mistaken practice for a pregnant female, or for any one else, to sleep with closely drawn curtains.—Pure air, and a frequent change of the air is quite as necessary—if not more so—during the night as during the day: and how can it be pure and how can it be changed if curtains are closely drawn around the bed? Impossible!

212. The bed should not be loaded with clothes—more especially with a thick coverlid.—If the weather be cold, let an extra blanket be put on the bed, as the perspiration can permeate through a blanket when it cannot through a thick coverlid.

213. A pregnant female is sometimes restless at night;—she feels oppressed and hot.

214. This might, in some measure, be remedied,—if the bed were not overloaded with clothes;—if the top-sash of the window were left open, to the extent of two or three inches;—or if the door of the bed-chamber were left ajar;—if more attention were paid to a gentle action of the bowels—by castor-oil, and to an abstemious diet;—to gentle walking exercise;—and to sponging the body with cold water;—and if she partook more of cooling fruits (see paragraph 200).

215. Sometimes a pregnant female experiences an inability to lie down, the attempt producing, occasionally, a feeling of suffocation and of faintness.

216. Under such circumstances, she should lie on a bed-rest, which may be made comfortable by means of pillows; and she should take every night, at bed-time, a teaspoonful of sal-volatile in a wineglassful of water.

217. Pains at night, during the latter end of the *time*, are usually frequent; so as to make an inex-

perienced person fancy that her labour was commencing.

218. Little need be done; for, unless the pains be violent, nature should not be interfered with.

219. If they be severe, application should be made to a Medical man.

220. A pregnant lady should retire early to rest;—she ought to be in bed, every night, by ten o'clock; and should make a point of being up in good time in the morning, that she may have an early breakfast; and that she may then take a short walk in the country, while the air is pure and invigorating.

221. But how often is an opposite plan adopted, more especially when a lady is first married!

222. The importance of bringing a healthy child into the world, if not for her own sake, should induce a wife to attend to the above remarks.

223. Although, some ladies, during pregnancy, are very restless, others are very sleepy, so that they can scarcely, even in the day, keep their eyes open!

MEDICINE.

224. A Young Wife is usually averse to consult a Medical man, concerning several *trifling* ailments,

which are, nevertheless, in many cases, distressing.—I have, therefore, deemed it well to give a brief account of such *slight* ailments, and to prescribe a few *simple* remedies for them.

225. I say *simple*, for *active* medicines require skilful handling, and, therefore, should never be used except by Doctors themselves.

226. I wish it then to be distinctly understood, that in all *serious* attacks, and in slight ailments, if not quickly relieved, a Medical man should *immediately* be sent for.

227. A costive state of the bowels is common in pregnancy; *mild* aperient medicines are, therefore, occasionally necessary.—The mildest should be selected: as strong purgatives are improper, and even dangerous.

228. Calomel, and all other preparations of mercury, are to be especially avoided:—as mercurial medicines are apt to produce miscarriage.

229. An abstemious diet, where the bowels are costive, is more than usually desirable; for, if the bowels be torpid, a quantity of food will only make them more sluggish.

230. Besides, when labour comes on, a loaded state of the bowels will add much to a lady's sufferings.

231. The best aperients are,—castor-oil,—salad-oil,—compound rhubarb pills,—stewed prunes,—figs,—grapes,—and roasted apples.

232. Castor-oil is a valuable aperient for a pregnant female. Frequent and small doses are preferable to occasional and large doses.

233. If the bowels be at all constipated,—castor-oil should be taken, regularly, twice, or three times a week.—Early in the morning is the best time for administering it.—The dose is,—from a tea-spoonful to a dessert-spoonful.

234. The best ways of taking it, are the following:—Let a wine-glass be well rinsed out with water, so that the sides may be well wetted; then, let the wine-glass be half filled with cold water,—fresh from the pump.—Let the quantity of oil, necessary, be now carefully poured into the centre of the wine-glass, taking care that it does not touch the sides; and, if the patient will drink it off at one draught, thus prepared, she will scarcely taste it.

235. Another way of taking it is,—swimming on warm new milk.—A third *and a good method* is,—floating on warm coffee: the coffee should be previously sweetened and mixed with cream, in the usual way.—A fourth way of administering it is,—swimming on half a wine-glassful of orange juice.

236. Some patients are in the habit of taking it in spirits and water; but, the spirit is apt to dissolve a portion of the oil, and to rise in the throat afterwards.

237. If *salad-oil* be preferred, the dose should be, as much again as of castor-oil; and, the patient should eat a fig or two during the day she takes it: as salad-oil is much milder in its effects than castor-oil.

238. Where a pregnant female cannot take oil,—one or two compound-rhubarb pills may be taken at bed-time; or,—a Seidlitz-powder, may be prescribed, early in the morning, occasionally.

239. Let me again urge the importance of a lady being particular as to the state of her bowels, during the whole period of pregnancy,—as costiveness is a fruitful cause of difficult and of hard labours.—It is my firm conviction, that if patients, who suffer from constipation, were to attend more to the regularity of their bowels, that difficult cases of labour would rarely occur; more especially, if the simple rules of health were adopted, such as—the taking of exercise in the open air, attending to their household duties, avoiding excitement, late hours, and all fashionable amusements.

240. Where a lady cannot take medicine, or, where it does not agree, a good remedy for constipation in pregnancy, is—the *external* application of castor-oil to the bowels:—Let a cambric handkerchief, folded

four thicknesses, be soaked in castor-oil, and applied over the region of the bowels ; it should be kept in its place by means of a long towel, or a broad calico-bandage, or a bolster-case.—It must be put on at bed-time, and be allowed to remain on all night ; and should be repeated every night until the bowels are relieved.—This remedy seldom fails, and is an agreeable way of opening the bowels.

241. Another excellent remedy for the costiveness of pregnancy, is—a lavement, or clyster, of warm water, which the patient may administer to herself, by means of a self-injecting enema-apparatus.

242. The quantity of warm water to be used, is, a pint ; the proper heat, is, the temperature of new milk ; the time for administering the lavement, is, early in the morning, twice or three times a week.

243. The advantages of lavements, are,—they never disorder the stomach,—they do not interfere with digestion,—they do not irritate the bowels,—they are given with the greatest facility,—and they do not cause the slightest pain.

244. If lavements be used to open the bowels, it may be well—to occasionally give one of the aperients recommended above, in order to ensure a thorough clearance of the *whole* of the bowels.

245. *Diarrhœa*.—Although the bowels are generally

costive in pregnancy; sometimes they are in an opposite state, and are relaxed.

246. Now, this relaxation is frequently owing to their having been previously too much constipated, and nature is trying to relieve itself by purging.

247. Such being the case, a patient should be careful how she interferes with the relaxation,—by the taking of chalk and of astringents to check the purging.

248. The fact is, that in all probability, there is something in the bowels that wants coming away, and nature is trying all she can to relieve herself.

249. Sometimes she succeeds, if she is not unnecessarily interfered with.—At others, it is advisable to give an aperient to assist nature.

250. When such is the case,—a mild gentle aperient—such as castor-oil, or rhubarb-and-magnesia, should be chosen.

251. If castor-oil,—a tablespoonful, swimming on a little new milk, will generally answer the purpose.

252. If rhubarb-and-magnesia be the medicine selected, then a few doses of the following mixture will usually set all to rights:—

Take of—Powdered Turkey Rhubarb, one drachm ;
Carbonate of Magnesia, two drachms ;
Compound Tincture of Cardamoms, one ounce ;
Peppermint water, seven ounces :

Three tablespoonfuls of the mixture to be taken three times
a day, first shaking the bottle.

253. The diet should be simple, plain, and nourishing, and should consist—of beef-tea, chicken-broth, arrowroot, and oatmeal gruel.

254. Meat, for a few days, should not be eaten ; and stimulants, of all kinds, must be avoided.

255. If the diarrhoea be attended with pain in the bowels, a flannel bag filled with hot salt, and then applied to the part affected, will afford great relief.

256. As soon as the diarrhoea has disappeared, the patient may gradually return to her usual diet.

257. *Heartburn* is a frequent and often a distressing symptom of pregnancy. The acid, producing the heartburn, is frequently much increased by an overloaded stomach.

258.—The patient labours under the mistaken notion,—that she requires more food during this than at any other time, as she has two to sustain ;—she, consequently, is induced to take more than her appetite demands, and than her stomach can digest—

hence, heartburn, indigestion, &c., are caused; and her unborn babe, as well as herself, is weakened.

259. An abstemious diet should be strictly observed.—Great attention should be paid to the *quality* of the food;—greens, pastry, hot-buttered toast, melted butter, and everything that is rich and gross, must be carefully avoided.

260. A tea-spoonful of Henry's magnesia, or half a tea-spoonful of carbonate of soda—the former to be preferred if there be constipation—may be occasionally taken in a wine-glassful of warm water.

261. If these do not relieve—the above directions as to diet having been strictly attended to—the following mixture may be tried :—

Take of—Sesquicarbonate of Ammonia, half a drachm;
Bicarbonate of Soda, a drachm and a half;
Distilled Water, eight ounces :

To make a mixture.—Three table-spoonfuls to be taken twice or three times a day, until relief be obtained.*

262. Chalk is sometimes given in heartburn; but, as it produces costiveness, it should not be used.

263. *Piles* are a common attendant upon pregnancy.—They are small, soft, spongy, dark-red tumours, about the size of a bean, or a cherry, some-

* This mixture should be made by a chemist.

times they are as large as a walnut,—and are either within or around the fundament,—they are, then, according to their situation, called *internal* or *external* piles ; they may be either blind or bleeding.—If the latter, blood may be seen to exude from them, and blood will come away every time the patient has a stool.

264. When the pile or piles are very large, they sometimes drag down a portion of the bowel, which adds much to the patient's agony ; more especially, every time she has a motion.

265. Piles are very painful and sore, and cause great annoyance, and frequently continue, notwithstanding proper and judicious treatment, during the whole period of pregnancy.

266. A female is predisposed to piles, from the womb pressing upon the blood-vessels of the fundament.—They are excited into action—by a patient neglecting to keep her bowels open ; or—by diarrhœa ; or—from her taking too strong purgatives—especially aloes.

267. If the piles be inflamed and painful, they should be well fomented, by means of a sponge, with hot camomile and poppy-head tea,* three times a day,

* Take four poppy-heads and four ounces of camomile-blows, and boil them in four pints of water, for half an hour—to make the fomentation—which should then be strained ; and made quite hot, in a saucepan, when required.

for half an hour each time ; and, at bed-time, a hot white bread poultice should be applied.

268. If there be great irritation and intense pain,—let some very hot water be put in a close-stool, and let the patient sit over it.—“In piles attended with great irritation and pain, much relief is often obtained, by sitting over the steam of hot water, for fifteen or twenty minutes, and immediately applying a warm bread-and-milk poultice. These measures should be repeated five or six times a day (Greves.)”*

269. If the heat be not great, and the pain be not intense,—the following ointment will be found efficacious :—

Take of—Powdered Opium, one scruple ;
Camphor (powdered by means of a few drops of
spirits of wine), half a drachm ;
Powdered Galls, one drachm ;
Spermaceti Ointment, three drachms :

Mix.—The ointment to be applied to the piles : three times a day.†

270. The bowels should be kept gently and regularly opened—by one or two teaspoonfuls of Compound Confection of Senna, taken every morning, or—by the following electuary :—

* Waring's *Manual of Therapeutics*.

† Let this ointment be made by a druggist.

Take of—Sublimed Sulphur, half an ounce ;
Powdered Ginger, half a drachm ;
Cream of Tartar, half an ounce ;
Confection of Senna, one ounce ;
Simple Syrup, a sufficient quantity :

To make an electuary.—One or two tea-spoonfuls to be taken early every morning.

271. Remember, in these cases, it is necessary to keep the stools in a *softened* state,—as hard lumps of stool would, in passing, give intense pain.

272. If the confection of senna does not act sufficiently, it may be well to give, once or twice a week, a tablespoonful of castor-oil, in lieu of the confection.

273. The patient ought to lie down frequently in the day ; and she should live abstemiously, and avoid all stimulants.

274. In piles, the patient will derive great comfort from sitting on a water-cushion—about half filled with water—placed on the chair ; for sometimes the patient is unable to sit on an ordinary seat.

275. Piles in pregnancy are frequently very troublesome, and, sometimes, resist all treatment until the patient is confined, when they generally get well of themselves ; but still, the treatment, recommended above, will oftentimes afford relief, even if it does not effect a cure.

276. *Swollen legs from enlarged veins.*—The veins are frequently much enlarged, causing the legs to be greatly swollen and painful: preventing the patient from taking proper walking exercise.—Swollen legs are owing to the pressure of the womb upon the blood-vessels above.

277. Women who have had large families are more liable to enlarged veins than others.

278. If a lady marries late in life, or if she is very heavy in her pregnancy, carrying the child low down,—she is more likely to have the veins to swell.

279. The best plan will be,—for her to wear an elastic-silk-socking,* which should be made on purpose for her, in order that it may properly fit the leg and the foot.—It will draw on like a common stocking.

280. If the varicose veins should be severe, she had better apply to a Medical man; as it may be necessary, in such a case, to have them enveloped in mild plaisters, and then rolled.

281. If the feet be cold as well as swollen,—a flannel bandage, two inches and a half wide and eight yards long, nicely applied from the toes to the knees, will be found a great comfort.

* Which may be had of any respectable surgical instrument maker.

282. One great advantage that flannel has over calico, is, that it will keep in its place for days, while calico will be loose in an hour or two.

283. *Stretching of the skin of the abdomen* is frequently, especially in a first pregnancy, distressing, from the soreness it causes. The best remedy is,—to rub the bowels, every night and morning, with warm olive-oil, and to apply a broad flannel belt, which should be put on moderately but comfortably tight.

284. *If the skin of the abdomen be cracked* from the violent stretching,—the patient had better dress the part affected, every night and morning, with simple cerate, spread on lint; which should be kept in its place by means of a broad bandage, similar to the one used in confinements, and which is described in a subsequent paragraph (Bandage after Confinement).

285. *Pendulous bowels*.—Sometimes a lady suffers severely, from being unusually large at these times; so much so, that she cannot move about, without experiencing great inconvenience.

286. This is more likely to be the case, where a mother has had a large family of children; and, especially, if she has neglected proper bandaging of the bowels after her confinements.

287. In such a case,—she should procure from a

surgical instrument maker, an elastic bandage, made purposely for the bowels; which will be a support, without unduly pressing on the parts.—It is a good plan, to have the bandage made to lace behind, in order to accommodate the bowels to their gradually increasing size.

288. If the patient be delicate and has a languid circulation, instead of the elastic bandage, she may apply a broad flannel bandage, which should go twice round the bowels, and should be put on moderately and comfortably tight.

289. *Before the approach of labour*, the patient should take particular care to have the bowels *gently* opened; as a costive state of them, during that time, greatly increases her sufferings, and lengthens the period of her labour.

290. I say, a *gentle* action is all that is necessary; a *violent* one would do more harm than good.

291. *Toothache* is a frequent complaint of pregnancy: and I wish to caution my gentle reader not to have a tooth extracted during the time she is *enceinte*: miscarriage, or premature labour, has frequently followed the extraction of a tooth.

292. If the tooth be decayed,—the hollow may be filled with cotton-wool, soaked in oil of cloves;—or, *in equal parts* of oil of cloves and chloroform, and

frequently renewed; or, with what I have found an excellent remedy—a little alum, dissolved in chloroform.*

293. Creasote—spirits of tar—is sometimes applied; but of all remedies, it is the worst for the purpose. I have known it, when thus used, severely injure and decay the whole of the remaining teeth.

294. If the tooth be *not* decayed—let an aperient be taken.—The state of the bowels should always be attended to; as, toothache is frequently relieved, and, where the tooth is not decayed, cured, by a dose of aperient medicine.

295. Let the sides of the face be well fomented with hot camomile and poppy-head tea; and let a piece of bread soaked in boiling milk, be placed inside the mouth; and a large hot bread-poultice be applied to the side of the face, at bed-time.

296. If the above should not have the desired effect,—a piece of brown paper—the size of the palm of the hand—soaked in brandy, and then well peppered with black-pepper, may be applied outside the cheek, over the part affected, and kept on for several hours. It may be renewed from time to time.—This simple and old-fashioned remedy will sometimes afford great

* Half a drachm of powdered alum to three drachms of chloroform.

relief. It is preferable to a mustard-poultice; as it is less painful, and it never blisters nor injures the skin.

297. In pregnancy, the teeth are very apt to decay.—I have known patients, in two or three instances, to lose a tooth with every child!

298. *Morning-sickness*.—It is said to be ‘morning,’ as, in these cases, unless the stomach be disordered, it seldom occurs during any other part of the day.

299. Morning-sickness may be distinguished from the sickness of a disordered stomach,—by the former occurring only early in the morning,—on the first sitting up in bed,—the patient during the remainder of the day feeling quite free from sickness, and, generally, being able to eat as though nothing ailed her.

300. Morning-sickness begins *early* in the morning with a sensation of nausea; and, as soon as the patient rises from bed, she feels sick and retches; and, sometimes, but not always, vomits a little, sour, watery, glairy fluid; and, occasionally, if she had eaten heartily before retiring to rest, the contents of the stomach is ejected.

301. Then, the patient feels all right again, and is usually ready for her breakfast, which she eats with a relish.

302. Many ladies have better appetites during *pregnancy than at any other period of their lives.*

303. The sickness of a disordered stomach, unaccompanied with pregnancy, may be distinguished from morning-sickness,—by the former continuing during the whole day,—by the appetite remaining bad after the morning has passed,—and by the tongue being generally furred.

304. Moreover, in these cases, there is, usually, much flatulence. The patient not only feels, but looks, bilious!

305. Of course if the stomach be disordered during pregnancy, there will be a complication of symptoms, and the morning-sickness may become a day-and-night sickness.

306. Proper means must then be employed to rectify the disordered stomach, and the patient will soon have only the morning-sickness to contend against; which, after she has quickened, will generally leave of its own accord.

307. Morning-sickness is frequently a distressing, although not a dangerous, complaint.

308. It is only distressing while it lasts, for after the stomach is unloaded, the appetite generally returns, and the patient usually feels quite well again, until the next morning, when she has to go through the same process as before.

309. It occurs both in the early and latter months

of pregnancy ; more especially during the former, up to the period of quickening, *at which time it usually ceases.*

310. Morning-sickness is frequently the first har-binger of pregnancy, and is looked upon by many ladies who have had children, as a sure and certain sign.

311. Morning-sickness does not always occur in pregnancy ; some women are neither sick nor sorry at such times !

312. A good way to relieve it, is,—by taking a cup of strong coffee, *before rising in the morning.*

313. If this should not have the desired effect, the patient may try an effervescing draught :—

Take of—Bicarbonate of Potash, one drachm and a half ;
Water, eight ounces :

Two table-spoonfuls of this mixture to be taken with one of lemon-juice, every hour, whilst effervescing, until relief be obtained.

314. Sometimes, a patient does not obtain relief from her sickness until the whole contents of the stomach is brought up.

315. When such is the case,—she had better drink plentifully of *warm* water, in order to encourage *vomiting.*

316. Of course, such a plan is only advisable in an *obstinate* case of morning-sickness, when the treatment, recommended above, has failed to afford relief.

317. The morning-sickness is caused, during the early months,—by sympathy between the stomach and the womb; and during the latter months,—by pressure of the upper part of the womb against the stomach: as we cannot remove the sympathy and the pressure, we cannot always relieve the sickness; therefore, the patient is sometimes obliged to bear with the annoyance.

318. The bowels should be kept gently opened, either—by a Seidlitz-powder taken in the morning, or—by two or three compound rhubarb pills at bedtime, or—by the following mixture:

Take of—Carbonate of Magnesia, two drachms;
Sulphate of Magnesia, one ounce;
Peppermint-water, seven ounces:

A wineglassful of this mixture to be taken early in the morning occasionally, first shaking the bottle.

319. In such a case—great attention must be paid to the diet,—it should be moderate in quantity, and simple in quality.

320. Rich dishes, highly seasoned soups, and melted butter, should be avoided. Hearty meat suppers must not, on any account, be allowed.

321. If anything be taken at night, there is nothing

better, than a teacupful of oatmeal gruel, or of arrow-root, or of Arabica Revalenta.

322. It is an old saying, and, I believe, as a rule, a true one,—“that sick pregnancies are safe;” more especially, if the sickness leaves, which it generally does, after a female has quickened.

323.—Of course, the above remarks do not include obstinate, inveterate vomiting; occurring, occasionally, in the latter period of pregnancy; and which, not only takes place in the morning, but during the whole of the day and the night, and for weeks together; sometimes, bringing females to the brink of the grave. Luckily, these cases are extremely rare.

324. Another old and generally true saying is,—“that females who have sick pregnancies seldom miscarry.”

325. *Means to harden the nipples.*—A mother, especially with her first child, sometimes suffers severely from sore nipples.

326. Such suffering may frequently be prevented, if she were to bathe the nipples, for six weeks, or for two months, before she is confined, night and morning, for ten minutes each time, either—with brandy-and-water—equal parts of each; or,—with alum and water—half a drachm of alum to half a pint of spring-water,—which should be kept in a bottle.—A small

portion only will be required each time.—The nipples should be covered with soft linen rag.

327. All pressure must be taken from the nipples; therefore, if the stays unduly press them—let the stays be enlarged, or be removed.

328. The nipples should be covered with soft linen rag; as the friction of a flannel vest would be apt to irritate them.

329. At times, during pregnancy, the *breasts are much swollen and very painful*; and, now and then, cause the patient great uneasiness, as she fancies that she is going to have either some dreadful tumour, or a gathering of the breast.

330. In these cases, there need be no apprehension.—The swelling and pain are consequences of pregnancy, and will, in due time, subside, without any unpleasant result.

331. The fact is, great changes are taking place in the bosom—the breasts are developing themselves and are preparing for the important functions they have to perform the moment the labour is completed.

332. *Treatment.*—The patient cannot do better than well rub them, night and morning, with equal parts of *Eau de Cologne* and olive-oil; and wear a piece of new flannel over them; taking care to cover the nipples

with soft linen; as, the friction of the flannel may irritate the nipples.

333. The liniment encourages a little milky fluid to ooze out of the nipple, which will afford great relief.

334. If stays be worn, the patient must wear them very slack; in order to allow the bosoms plenty of room to develop themselves. The bones of the stays must all be removed, or serious consequences may ensue.

335. *Bowel-complaints* are not unfrequent during pregnancy.

336. A dose of rhubarb-and-magnesia, or—a dose of castor-oil, are the best remedies, and are, generally, in the way of medicine, all that is necessary.

337. The diet, at such times, should be simple, small in quantity, and nourishing.—Farinaceous food, such as rice, tapioca, sago, Du Barry's Arabica Revalenta, and arrowroot, are particularly beneficial.

338. Green-vegetables and fruits—especially stone-fruits—must be avoided.

339. The surface of the body, the bowels and feet particularly, should be kept warm.

340. *If a female suffer habitually from relaxation*

of the bowels, let her, by all means, wear a flannel vest next to the skin.

341. *The Bladder*.—The patient is liable to various affections of the bladder during pregnancy.

342. Sometimes, there is a *sluggishness* of that organ, and the patient has little, or no inclination, to make water.

343. At another time, there is a great *irritability* of that viscus, and she is constantly wanting to micturate.

344. While in a third case,—more especially towards the latter period of pregnancy,—she can scarcely *hold her water* at all.—The slightest bodily exertion—such as, walking, stooping, coughing, sneezing, &c., causing it to come away involuntarily.

345. *A sluggish state of the bladder* is best remedied—by gentle exercise and by the patient making the attempt to make water, whether she wants or not, at least every four hours.

346. *Irritability of the Bladder*.—The patient should drink freely of the following beverage:

Take of—Best Gum Arabic, one ounce;
Pearl Barley, one ounce;
Water, one pint and a half:

Boil for a quarter of an hour, then strain, and sweeten with lump sugar.

347. The bowels should be kept gently open with small doses of castor-oil.

348. The patient should abstain from beer, wine, and spirits; and should live on a mild, bland, nourishing diet.

349. *Where the patient cannot hold her water.*—There is not very much to be done in such a case, as the gravid womb by pressing on the bladder prevents much present relief.—The comfort is, as soon as the labour is over, it will cure itself.

350. The patient should lie down, on a horse-hair mattress, or on a couch, frequently in the day. She should take but a moderate quantity of liquid, and if she has a cough (for a cough much increases this inability to hold her water) she may take the following cough mixture:

Take of—Compound Tincture of Camphor, half an ounce;
Compound Spirits of Lavender, half a drachm;
Oxymel of Squills, six drachms;
Distilled Water, six ounces:

Three table-spoonfuls of this mixture to be taken three times a day.

351. *Fainting.*—Delicate females are apt to feel faint, or actually to faint away, while they are pregnant.

352. When it is considered,—the great changes *that take place* during pregnancy, and the pressure

upon nerves and blood-vessels,—it is not at all surprising that they should do so.

353. There is one consolation, that although fainting, at such times, is disagreeable, it is not dangerous.

354. *Treatment.*—If the patient feels faint,—she must *immediately* lie down, flat upon her back, without any pillow under the head—that is to say—the head should be on a level with the body. The stays, and any tight articles of dress—if she has been foolish enough to wear tight clothes—must be loosened; the windows should be thrown open: water should be sprinkled on the face; and sal-volatile—a teaspoonful in a wineglassful of water—or a glass of wine, should be administered. Smelling-salts should be applied to the nostrils. The attendants must not crowd around her—as she should have plenty of room to breathe.

355. In the intervals, the patient must live on a good, light, generous diet.—She should keep early hours and must sleep in a well-ventilated apartment.

356. The following strengthening medicine will be found serviceable:

Take of—Sulphate of Quinine, ten grains;
Diluted Sulphuric Acid, half a drachm;
Syrup of Orange-peel, half an ounce;
Distilled Water, seven ounces and a half:

Three table-spoonfuls of the mixture to be taken three times a day.

—If she be very delicate, a change to the country, or to the coast, will be desirable.

357. A nervous female is subject, during this period, to *palpitation of the heart*.—This palpitation, provided it occurs only during pregnancy, is not dangerous; therefore, it need not cause alarm.

358. It is occasioned by the pressure of the pregnant womb on the large blood-vessels, which induces a temporary disarrangement of the heart's action.

359. This palpitation is generally worse at night—when the patient is lying down. The reason is,—at these times, from the position, there is greater pressure on the blood-vessels.—Moreover, when the patient is lying down, the diaphragm—midriff—is pressed upwards, in consequence of the increased size of the abdomen, and hence the heart has not its accustomed room to work in, and palpitation is the result.

360. The best remedies will be,—either half a teaspoonful of compound spirits of lavender; or,—a teaspoonful of sal-volatile in a wineglassful of camphor julep.*

* Camphor Julep may be made—by putting a few lumps of camphor in a bottle of cold water; cork it up, and let it stand for a few days; then strain it, sweeten it with lump sugar, and *it will be fit for use*.

361. These medicines should lie on a table, by the bed-side, in order that they may be administered at once, if necessary.

362. Brandy is sometimes given in these cases, but it is a dangerous remedy to give every time there is palpitation; while the lavender and sal-volatile are safe medicines, and can never do harm.

363. Mental emotion, fatigue, late hours, and close rooms, should be guarded against.

364. Gentle, out-door exercise, and cheerful, but not boisterous, company, are desirable in this case.

365. *Cramps* of the legs and thighs, especially at night, and during the latter period, are apt to attend pregnancy, and are caused—by the gravid womb pressing upon the nerves which extend to the lower extremities.

367. *Treatment.*—Tightly tie a handkerchief—folded like a neckerchief—round the limb, a little above the part affected, and let it remain on for a few minutes. —Friction, by means of the hand, with opodeldoc, or with laudanum, (*taking care not to drink it by mistake,*) will also give relief.

368. Sometimes, cramp attacks the bowels, or the back, of a pregnant female; when such is the case, let a bag of hot salt be applied over the part affected, and

let a bottle of hot water be placed to the soles of the feet.

369. If the cramp of the bowels, or of the back, or of the thighs, be very severe, the following mixture will be serviceable:

Take of—Compound Tincture of Camphor, one ounce;
Dill Water, five ounces:

A wineglassful of this mixture to be taken at bedtime, occasionally, and to be repeated in four hours, if necessary.

370. "*Whites*" are frequently troublesome during pregnancy, particularly if the lady has had many children, and especially during the latter months; and are, in a measure, owing to the pressure of the womb on the parts below, causing irritation; therefore, the best way to obviate such pressure, is, for the patient to lie down on a bed, or on a sofa, a great part of each day.

371. She should retire early to rest, sleep on a horse-hair mattress, and in a well-ventilated apartment, and should not overload her bed with clothes.—A thick, heavy quilt is particularly objectionable, at these times, and indeed at all times,—the perspiration cannot pass readily through it as it can through blankets, and, thus, the patient is weakened.

372. She ought to live on plain, wholesome, nourishing food; but abstain from beer, wine, and spirits.

373. The bowels should be kept gently opened by

means of a Seidlitz powder, which may be taken early in the morning, occasionally.

374. The best application will be,—to bathe the parts with warm Fuller's earth and water; in the proportion of a handful of *powdered* Fuller's earth, to half a wash-hand-basinful of warm water; and the internal parts should be bathed with it, night and morning.

375. If the Fuller's earth should not have the desired effect,—an alum injection* may be syringed up the parts, by means of an India-rubber female syringe, every night and morning. Or,—fifteen drops of solution of diacetate of lead may be added to a quarter of a pint of lukewarm water, and used in a similar manner to the alum injection.

376. Cleanliness cannot be too strongly urged in these cases.—INDEED, EVERY FEMALE, EITHER MARRIED OR SINGLE, SHOULD USE THE BIDET, OR A SITZ-BATH, EVERY MORNING OF HER LIFE.

377. If she has not the "whites," or if she has them only slightly, *cold*—quite cold—water is preferable to tepid.

378. I should advise, then, every lady—married

* Dissolve half a teaspoonful of powdered alum in a quarter of a pint of tepid water—to make the injection.

and single—whether she has “the whites” or not—a regular sitz-bath* *every morning* (except during her “poorly times”)—that is to say—I should recommend her to sit in the water—in cold water—for a couple of minutes, every morning.

379. For the first few mornings, she may make the water lukewarm; but the sooner she can use it cold—quite cold—the more good will it do her.

380. *If the above plans were more generally followed, women, of all classes and ages, would derive immense benefit from their adoption.*

381. Where a lady suffers severely from “whites,” she should visit the coast.—There is nothing, generally, that affords so much relief, in these cases, as the bracing effects of sea-air.

382. Of course, if she is pregnant, she should not bathe in the sea; but she may bathe the external parts, every night and morning, with sea-water.

383. When the patient has been much weakened by the “whites,” she will derive great benefit from a quinine mixture†—a dose of which must be taken twice or three times a day.

384. *Irritation and itching of the external parts.*

* See pages 11, 44, and 83.

† See page 77.

—This is a most troublesome affection, and may occur at any period of pregnancy, but more especially during the latter end; and, as it is a subject that a female is too delicate and too sensitive to consult a Medical man about, I think it well to lay down a few rules for her relief.—If not relieved, the misery it entails is great.

385. Well, then, in the first place, let her diet be simple and nourishing; let her avoid stimulants of all kinds.

386. In the next place—and this is a most important item of treatment—let her use a tepid, salt-and-water sitz-bath.*

387. The way to prepare the bath, is, put a large handful of table-salt into the sitz-bath, then add cold water, to the depth of three or four inches, and sufficient hot water to make the water tepid or lukewarm.

388. The patient should sit in the bath; her feet being, of course, out of the water, and on the ground.—She should remain in the bath only two minutes.

389. Patients generally derive great comfort from these salt-and-water sitz-baths.

* Which sitz-bath may be procured of any respectable tinman or furnishing ironmonger.

390. During the day-time, if the itching continues, the following lotion may be used :

Take of—Solution of Diacetate of Lead, one drachm ;
Rectified Spirits of Wine, one drachm ;
Distilled Water, one pint :

To make a lotion. The parts affected to be bathed with the lotion, three or four times a day.

MISCARRIAGE.

391. If a premature expulsion of the child occurs before the end of the seventh month, it is called—a *miscarriage*, or an *abortion*; ; if between the seventh month and before the *full* period of nine months—a *premature labour*.

392. There is a proneness for a young wife to miscarry, and woe betide her, if she once establishes the *habit* ! for it, unfortunately, oftentimes becomes a habit.

393. A miscarriage is a serious calamity, and it should be considered in that light ;—not only to the mother herself, whose constitution frequent miscarriages may seriously injure, and eventually ruin ;—but it may rob the *wife* of one of her greatest earthly privileges, blessings, and joys—the inestimable pleasure and delight of being a *mother* !

394. Now, as miscarriages may generally be prevented, it behoves a wife to look well into the matter, and to study the subject thoroughly for herself, in order to guard against her *first* miscarriage, for the *first* miscarriage is the one that frequently leads to a *series*.

395. How necessary it is that the above important fact should be borne in mind! How much misery may then be averted; as, then, means would be taken to ward off such an awful calamity—by avoiding the usual causes. *I am quite convinced that, in the majority of cases, miscarriages may be prevented.*

396. Hence the importance of *popular* works of this kind,—to point out dangers,—to give judicious advice,—that a wife may read, ponder over, and “inwardly digest,”—and that she may see the folly of the present practices that wives—*young* wives, especially—usually indulge in,—and, thus, that she may avoid the rocks they split on, which makes a shipwreck of their most cherished hopes and treasures!

397. Let it, then, *be thoroughly understood*, first, that miscarriages are very weakening—more debilitating than labours;—and, secondly, that if a lady has once miscarried, that she is more likely to miscarry again and again; until, at length, her constitution is broken; and the chances of her having a child becomes small indeed!

398. *Causes.*—A slight cause will frequently effect the separation of the child from the mother, and the consequent death and expulsion of the child; hence the readiness with which a female sometimes miscarries.

399. The following are the most common causes of a young married lady miscarrying:—Taking *long* walks; riding on horseback; or in carriages over rough roads; *long* railway journeys; over-exerting themselves, and sitting up late at night.

400. Their minds, just after marriage, are frequently too much excited—by large parties, balls, and concerts.

401. Moreover, the following are frequent causes of miscarriage:—Falls; all violent emotions of the mind, passion, fright, &c.; fatigue; over-reaching; sudden shocks; taking a wrong step in ascending, or in descending stairs; falling down stairs; lifting heavy weights; violent drastic purgatives; calomel; obstinate constipation; debility of constitution; consumptive habit of body; fashionable amusements; dancing; late hours; tight-lacing; indeed, everything that injuriously affects either mind or body.

402. The old maxim, that “prevention is better than cure,” is well exemplified in the case of a miscarriage.

403. *Let me, then, appeal strongly to my fair*

reader, to do all she can to prevent a miscarriage—by avoiding the usual causes of a miscarriage, which I have above enumerated.

404. *Threatening or warning symptoms of a miscarriage.*—A lady, about to miscarry, usually experiences, for one or two days, a feeling of lassitude, debility, and depression of spirits; she feels as though she were going to be taken “poorly;” she complains of weakness and uneasiness about her loins, hips, thighs, and lower part of the abdomen.

405. This is an important stage of the case, in which a judicious Medical man may, almost to a certainty, be able to stave off a miscarriage.

406. *More serious, but still only threatening symptoms of a miscarriage.*—If the above symptoms are allowed to proceed—unchecked and untended—after a day or two, she will have a slight show of blood; this show may soon increase to a flooding, which will shortly become clotted.—Then, perhaps, for the first time, the patient begins to dread a miscarriage! Even now, there may be but little pain, and, even now, the miscarriage *may*, with judicious treatment, be warded off.—At all events, if the miscarriage cannot be prevented, the ill effects to the mother’s constitution may, with care, be palliated, and means may be used to prevent a future miscarriage.

407. *Decided symptoms of a miscarriage.*—If the

miscarriage is still proceeding, a new train of symptoms develop themselves,—pains begin to come on—at first, slight, irregular, and of a “grinding” nature, but which soon become more severe, regular, and “bearing down.”—Indeed, the case is, now, a labour in miniature; it becomes *le commencement de la fin*; the patient is sure to miscarry, as the child is now dead and separated from its connection with the mother.

408. The most usual time for a lady to miscarry, is—from the eighth to the twelfth week.

409. Of course, it is not confined to this period; as, during the whole time of pregnancy, there is a chance of premature expulsion of the contents of the womb.

410. A miscarriage *before* the fourth month, is attended with little danger *at the time*; although, if neglected, it may injure the constitution for *ever*.

411. There is, in every miscarriage, more or less of flooding, which is the most important symptom.

412. *After* the fourth month, it is accompanied with more risk; as the further a lady is advanced in pregnancy,—the greater is the danger of *increased* flooding; notwithstanding, under judicious treatment, *there is every chance* of her doing well.

413. A Medical man should always be sent for in such a case.

414. There is as much, or more, care required in a miscarriage, as in a labour.

415. *If bearing down, expulsive pains*,—similar to labour pains—should accompany the flooding—if the flooding increases, and large clots come away;—if the breasts become smaller and softer;—if there be coldness and heaviness and diminution of the size of the bowels;—if the motion of the child (the female having quickened), cannot be felt;—if there be “the impression of a heavy mass rolling about the uterus [womb], or the falling of the uterine tumour from side to side in the abdomen, as the patient changes her position;”* and if there be an unpleasant discharge;—the patient may rest assured that the child is dead, and separated from all connection with its mother, and that the miscarriage must proceed, it being only a question of time.

416. Of course, in such a case,—if the patient has not already done so,—she should *immediately* send for a Medical man.

417. Sometimes, a miscarriage begins and ends in a few days—five or six;—at other times, it con-

* Tanner, *on Signs and Diseases of Pregnancy*.

tinues a fortnight, and, even, in some cases, three weeks.

418. *Treatment*.—If a patient has the slightest “show,” she should immediately confine herself either to a sofa, or keep in bed.

419. A soft feather bed should be avoided; it enervates the body, and predisposes to miscarriage.—There is nothing better for her to sleep on than a horse-hair mattress.

420. She should lie flat upon her back; as it is quite absurd for her merely to rest her legs and feet.

421. Let her put herself on a low diet,—taking nothing but arrowroot, tapioca, sago, gruel, tea, toast-and-water, or lemonade; and, whatever she does drink, must be cold.—Grapes, at these times, are very cooling and refreshing.

422. The temperature of the apartment should be kept cool; and, if it be summer, the window ought to be thrown open; aperient medicines *must* be avoided; and, if the flooding be violent,—cold water should be applied, externally, to the parts.

423. Let me strongly urge upon the patient, the importance of preserving *any* substance that may come away; in order that it may be carefully examined by the Medical man.

424. If such be not done, she may fancy that she has miscarried, when only clots have come away, and ill consequences may follow.

425. The same care is required *after a miscarriage*, as after a labour; indeed, a patient requires to be treated much in the same manner—that is to say—she must keep her bed for a few days; and live upon an abstemious diet, such as—gruel, tea, and light puddings; avoiding stimulants of all kinds.

426. Many ladies date their ill state of health to a *neglected* miscarriage; therefore, it behoves a female to guard against such a catastrophe.

427. A patient who is subject to miscarry, should, *before* she become pregnant again, use every means to strengthen the system.

428. The best plan that she can adopt, will be,—TO LEAVE HER HUSBAND FOR SEVERAL MONTHS, and go to some healthy spot; not to a fashionable watering-place, nor to a friend's house where much company is kept, but to some quiet country place,—if to a healthy farm-house, so much the better.

429. Early hours are quite indispensable.—She should lie on a horse-hair mattress, and have but scant clothing on the bed.

430. Her diet should be light and nourishing.

Gentle exercise ought to be taken, which should alternate with frequent rest.

431. Cold ablutions must be used every morning, and the body should be afterwards dried with a coarse cloth ;—if it be winter, let the water be made tepid, and gradually lower its temperature, until it be used quite cold.

432. A shower-bath is serviceable in these cases ; it braces and invigorates the system, and is one of the best tonics that she can use.

433. *If she be already pregnant*,—it would not be admissible, as the shock of a shower-bath would be too great, and may bring on a miscarriage ; but still, *she should continue the cold ablutions*.

434. A lady who is prone to miscarry,—should, *as soon as she is pregnant*, lie down a great part of every day ;—must keep her mind calm and unruffled ;—should live on a plain diet ;—and avoid wine, spirits, and malt-liquor ;—should retire early to rest ;—*and have a separate, sleeping apartment* ;—should abstain, as much as possible, from taking opening medicines ;—and, if she be actually obliged to take aperients—for the bowels must not be allowed to be constipated—must select the mildest (such as castor-oil or lenitive-electuary),—and even of these, not take a larger dose than is absolutely necessary ; as a free action of the *bowels is a frequent cause of a miscarriage*.

435. The *external* application of castor-oil, as recommended at page 56, is an excellent and safe remedy for a patient prone to miscarry ; and, in the majority of cases, is even preferable to the mildest aperients.

436. Another great advantage of the *external* application of castor-oil, is—it does not produce constipation afterwards, as the *internal* administration of castor-oil is apt to do.

437. If the *external* application of castor-oil should not have the desired effect, then,—a lavement of warm water—a pint—may be administered, in the morning, two or three times a week.

438. Gentle, walking exercise, daily, is desirable : long walks and horse-exercise, must be sedulously avoided.

439. A trip to the coast, provided the railway journey be not very long, would be likely to prevent a miscarriage ; though, I would not, on any account, recommend such a patient either to bathe, or to sail on the water ; as, the shock of the former would be too great, and the motion of the vessel and sea sickness would be likely to bring on what we are anxious to avoid.

440. As the *usual* period for miscarrying takes place (for it frequently comes on at one particular time), let the patient be more than usually careful ;

let her lie down the greatest part of the day ; let her mind be kept calm and unruffled ; let all fashionable society and fashionable amusements be eschewed ; let both the sitting and sleeping apartments be kept cool, and well ventilated ; let the bowels (if they be costive) be opened by lavements (if the *external* application of castor-oil—as before recommended—be not sufficient) ; let the diet be simple, and yet nourishing ; let all stimulants—such as beer, wine, and spirits—be, at this time, avoided ; and, if there be the slightest symptoms of an approaching miscarriage—such as pains in the loins, hips, or lower bowels, or if there be the slightest show of blood—let a Medical man be instantly sent for,—as he may, at an early period, be able to ward off the threatened catastrophe.

FALSE-LABOUR-PAINS.

441. A lady, especially in her first pregnancy, is sometimes troubled with *spurious labour-pains* ; these pains usually come on at night, and are, frequently, owing to a disordered stomach.

442. They affect the bowels, back, and loins, and, occasionally, extend down the hips and thighs.

443. They attack first one place, then another ; come on at irregular intervals ; at one time, are violent ; at another, feeble.

444. The pains, instead of being *grinding* or *bearing down*, are more of a colicky nature.

445. Now, as these false-pains more frequently occur in a first pregnancy, and as they are often more violent two or three weeks towards the completion of the full time, and as they usually come on at night, or in the night,—it behoves the patient, and the monthly nurse, to be cognizant of the fact; in order that they may not make a false alarm, and summon the doctor, before he is wanted, and when he cannot be of the slightest benefit to the patient.

446. Sometimes, it is stated, that a woman has been in labour two or three weeks before the child was born!—Such is not the fact.—The case in question, is one of *false* pains ending in *true* pains.

447. *How, then, is a patient to know that the pains are false and not true pains?*—False labour-pains come on two or three weeks before the full time; true labour-pains at the completion of the full time; false pains are unattended with “show;” true pains generally commence the labour with “show;” false pains are generally migratory,—first attacking the loins, then the hips, then the lower parts, and even other parts of the bowels, first one part, then another; true pains generally begin in the back; false pains commence as spasmodic pains; true pains as “grinding” pains; false pains come on at uncertain periods, at one time a quarter of an hour elapsing, at others an hour or two hours, between each pain, at one time sharp, at another trifling; true pains come on with tolerable regularity, and gradually increase in severity.

448. But, remember,—the most valuable diagnostic sign, is—the absence of “show” in false-labour-pains, and the presence of “show” in true-labour-pains.

449. It may be said, that “show” does not always usher in the commencement of labour?—Granted! but such cases are exceedingly few, and may be considered as the exception and not the rule.

450. *Treatment.*—A dose of castor-oil, is, generally, all that is necessary; but, if the pains still continue, the patient should be very abstemious; living, for a day or two, on gruel and tea; and rubbing the bowels every night, at bedtime, with camphorated-oil, previously warmed.

451. Hot salt, in a flannel bag, applied to the bowels, every night at bedtime, frequently affords great relief.

452. If the pains be not readily relieved, the female should send for a Medical man.—A little appropriate medicine will soon have the desired effect.

453. These *false* labour-pains may go on for days, or even for weeks, and, at length, may terminate in *real* labour-pains.

PERIOD OF GESTATION.

454. The period of gestation is usually* two hundred and eighty days—forty weeks—ten lunar—or nine calendar months.

455. In making her “count,”—it will be well for a lady to commence her reckoning about three days after the last day of “being unwell.”

456. The reason we fix on a female conceiving a few days after she has “ceased to be unwell,” is, that she is more apt to do so, soon after menstruation, than at any other time.†

* I say *usually*, for the duration of gestation is very uncertain. Dr. Reid gives (in the *Lancet* of July 20th, 1850) an interesting table of the duration of pregnancy. The table comprises 500 cases; out of which numbers, nearly the half terminated in labour in the fortieth and forty-first weeks. The following is the order in which they occurred:

23 cases in the	37th week.
48 ” ”	38th ”
81 ” ”	39th ”
131 ” ”	40th ”
112 ” ”	41st ”
63 ” ”	42nd ”
28 ” ”	43rd ”
8 ” ”	44th ”
6 ” ”	45th ”

The above is merely a summary of Dr. Reid’s valuable table.

† “We are informed by Jourdan, and other French writers,

457. A good plan to make the "reckoning," is, as follows:—Let forty weeks and a few days be marked, on an almanac, from the time specified above, and a lady will seldom be far from her calculation.

458. For instance,—suppose the last day of her "ceasing to be unwell" was on January 15th, she may expect to be confined very near October 23rd.

459. Another plan to make the "count," and recommended by Dr. Tanner, is the following:—"To effect this readily we cannot do better than follow the plan of most German obstetricians, who learn the probable day of delivery thus:—The date of the last menstruation being given, they calculate three months backwards, and add seven days. For example, suppose the 20th January to be the last day of the last menstrual period, labour will be due about the 27th October,—*i. e.*, on the 280th day."*

460. Sometimes, a lady is put out of her reckoning by becoming pregnant while she is suckling; con-

that Fernel acted on the knowledge of this fact, when consulted by Henry II, of France, as to the best means of rendering his Queen, Catherine de Medicis, fruitful; he advised the King to visit her only immediately after the cessation of the menstrual discharge; the adoption of which advice was attended with success, and the Queen, after years of disappointment, gave birth to a son."—*Dr. Montgomery.*

* *On the Signs and Diseases of Pregnancy.*

sequently, not “being unwell” at such a time, she does not know how to “count.”

461. In a case of this kind, she must reckon from the time that she quickens.—That is to say—she must then consider herself nearly half gone in her pregnancy, and to be within a fortnight of half her time; or, to speak more accurately,—as soon as she has quickened, we have reason to believe that she is gone about one hundred and twenty-four days; she has, therefore, about one hundred and fifty-six more days to complete the period of her pregnancy.—Suppose, for instance,—that she first quickened on May the 17th, she may expect to be confined somewhere near October the 23rd.

462. A lady is occasionally thrown out of her reckoning, by the appearance of a little “show” the first month after she is *enceinte*.

463. This discharge does not come from the womb, as that organ is hermetically sealed; but from the upper part of the vagina—the passage to the womb—and from the neck of the womb; and may be known from the regular menstrual fluid,—by it being much smaller in quantity, by it clotting, and by it lasting, generally, but a few hours.

464. Therefore, this discharge should not be reckoned in “the count;” but the one before should be

the guide; and the plan should be adopted as recommended in page 97, paragraph 455.

MONTHLY NURSE.

465. It is an important—a most important—consideration to choose a monthly nurse rightly and well.

466. She should be middle-aged.—If she is young, she is apt to be thoughtless and giggling; if she is old, she may be deaf, and stupid, and may think too much of her trouble.

467. She should be gentle, kind, good-tempered, and obliging, but firm withal.

468. She should not be a tattler, a tale-bearer, or a “croaker.”

469. She should be a married woman, or a widow. A single woman cannot so well enter into the feelings of a lying-in patient, and has not had the necessary experience. Moreover, a *single* woman, as a rule, is not so handy with an infant (more especially in putting him to the breast for the first time), as a *married* woman.

470. She should be sober, temperate, and healthy, *and free from deafness, and from any defect of vision.*

She should have a gentle voice and manner, but yet not be melancholy, nor hippish.

471. She should be fond of children and not mind her trouble, or at being disturbed at night.

472. "Scrupulous attention to cleanliness, freshness, and neatness" in her own person, and towards the lady and the infant, are most important requisites.

473. As the monthly nurse, if she does her duty, devotes her time, her talent, and her best energies to the patient and to the infant, a lady should be most liberal in the payment of a monthly nurse. A good one is cheap at almost any price, while a bad one is dear indeed, even if she comes for nothing. A cheap nurse is frequently the ruin of the patient's and of the infant's health, and of the peace of a household.

474. The monthly nurse should be engaged *early* in the pregnancy, as a good nurse is caught up early, and is full of engagements.—This is most important advice.—Frequently a lady has to put up with an indifferent nurse from neglecting to engage her betimes. At the eleventh hour, the Doctor is frequently besought to perform an impossibility—to select a *good* nurse; and which he could have done a few months before, with the greatest ease.

475. Whenever it be possible, it is always desirable

that the Medical man in attendance should select the monthly nurse, as she will then be used to his ways, and he will know her antecedents,—whether she be sober, temperate, and kind, and whether she understands her business, and is in the habit of attending and following out his directions,—for frequently a nurse is self-opinionated and fancies that she knows better than the Doctor himself.—Such a nurse is to be scrupulously avoided.—There cannot be two masters in a lying-in room; if there be, the unfortunate patient will inevitably be the sufferer.—A Doctor's directions must be carried out to the very letter.—It rests with the patient to select a judicious Medical man, who, although he will be obeyed, will be kind and considerate to the nurse.

PART III.

LABOUR.

THE PRECURSORY SYMPTOMS OF LABOUR.

476. A day or two before the labour commences,—the patient usually feels better than she has done for a long time; she is light and comfortable; she is smaller, and the child is lower down; she is more cheerful; breathes more freely; and is more inclined to take exercise.

477. A few days, sometimes a few hours, before labour commences, the child “falls” as it is called—that is to say—there is a *subsidence of the womb* lower down the abdomen.—This is the reason the patient feels lighter; and more comfortable, and that she can breathe more freely.

478. The only inconvenience of *the subsidence of the womb*, is, the womb presses on the bladder, and

sometimes causes an irritability of that organ, inducing a frequent desire of making water.

479. The *subsidence of the womb* may, then, be considered, one of the earliest of the precursory symptoms of labour, and as the herald of the coming event.

480. At length, she has slight pains, and then a "show" as it is called; which is the coming away of a mucous plug, which, during pregnancy, had hermetically sealed the mouth of the womb.—The "show" is generally tinged with a little blood.

481. When a "show" takes place, a lady may rest assured—that labour has actually commenced.

482. One of the early symptoms of labour, is, a frequent desire to relieve the bladder and bowels.

483. The patient has "*grinding-pains*," coming on at uncertain periods; sometimes, once during two hours; at other times, every hour or half hour.

484. These "*grinding-pains*" should not be interfered with; therefore, at this stage, it is useless to send for the Doctor; yet, the monthly nurse should be in the house, to make preparations for the coming event.

485. Although, it is not necessary to send for the *Medical man* at this early period; nevertheless, it is

well to let him know, that his services may shortly be required; in order that he may be in the way, or that he may leave word where he may be found.

486. These “grinding-pains” gradually assume more regularity in their character, return at shorter intervals, and become more severe.

487. About this time, in the majority of cases, shivering is apt to occur, so as to make the teeth chatter again.

488. Shivering *during labour* is not an unfavorable symptom; indeed, it proves that the patient is in real earnest, and that the labour is making progress.

489. The patient must not, on any account, take brandy, as a remedy for the shivering, unless ordered by the Medical man.

490. A cup of hot tea, or of hot gruel, will be the best remedy for the shivering; and an extra blanket should be thrown over her, which should be well tucked around her, in order to thoroughly exclude the air from the body. As soon as the patient is warm and perspiring, the *extra* clothing should be gradually removed: as the patient must not be kept very hot, or it will weaken her, and may retard the labour.

491. *Sickness* frequently comes on in the beginning

of labour, and may continue during the whole process.

492. The patient is not only sick, but she actually vomits, and can keep little, or nothing, on her stomach.

493. Now, sickness in labour is rather a favorable symptom, and is usually indicative of a kind and easy confinement.

494. There is an old saying, that "sick labours are safe."—Although they are safe, they are decidedly disagreeable.

495. In such a case, there is little, or nothing to be done; as the less an irritable stomach is meddled with, the better.—The sickness will probably leave as soon as the labour is over.—Brandy, unless prescribed by the Medical man, must not be given.

496. She should not, on any account, force down—as her female friends may advise—to "grinding-pains:" if she do, it will rather retard, than forward, the labour.

497. During this stage, she had better walk about, or sit down, and not confine herself to bed; indeed, there is no necessity for her to remain in her chamber, unless she particularly desire it.

498. If the "waters should break" at the com-

mencement of labour, even if there be no pain, the Medical man must be immediately sent for; as, in such a case, it is necessary that he should know the exact presentation of the child.

499. After an uncertain length of time, the character of the pains alter.—From being “grinding,” they become “bearing-down,” and are now more regular and frequent; and the skin becomes hot and perspiring.—These may be considered the *true* labour-pains.

500. The patient must bear in mind that “the true labour-pains are situated in the back and loins; they come on at regular intervals, rise gradually up to a certain pitch of intensity, and abate as gradually; it is a dull, heavy, deep sort of pain, producing occasionally a low moan from the patient; not sharp, or twinging, which would elicit a very different expression of suffering from her.”*

501. As soon as the pains assume a “bearing-down” character,—the Medical man should be in attendance; if he be sent for during the early stage, when the pains are of a “grinding” character, and when they come on “few and far between,” and at uncertain intervals (unless, as before stated, “the waters should break” early), he can do no good; for,

* *A System of Midwifery.* By E. Rigby, M.D.

if he attempt in the early stage to force on the labour, he might do irreparable mischief.

502. *Cramp* of the legs and thighs are a frequent, although not a constant, attendant on labour.—These cramps come on, more especially, if the patient is kept in one position for a lengthened period :—hence the importance of allowing her, during the first and second stages of labour, to move about the room.

503. Cramps are generally worse during the third, or the last stage of labour, and then usually accompany each pain.—In such a case, the poor patient has not only to bear the labour-pains but the cramp-pains !

504. Now, there is no danger in these cramps : it is rather a sign that the child is making progress, as he is pressing upon the nerves which supply the thighs.

505. The nurse should well rub the cramped parts, with her warm hand ; and, if the labour is not too far advanced,—it would be well for the patient to change her position, and to sit on a chair, or, if she feel inclined, to walk about the room ; of course, there being an attendant, on each side, to support her the while.

506. If a pain, or cramp, should come on while she is thus perambulating the room,—let her instantly *take hold* of the bed-post for support.

507. In a subsequent paragraph, I observe that in a case of labour, a four-post mahogany bedstead is preferable to either a brass or to an iron stead.—It will now be seen that this was one of my reasons for advising the old-fashioned bedstead; as the support of a bed-post, is, oftentimes, a relief and comfort.

508. Labour—and truly may it be called “labour” *—is a natural process, and, therefore, should not unnecessarily be interfered with.

509. I firmly believe,—that a woman would stand a better chance of getting well over her confinement *without* assistance, than *with* assistance if she had been hurried.

510. Meddlesome midwifery cannot be too strongly reprobated.—The use of a Doctor, is, to watch the progress of a labour, in order that if there be anything wrong, he may rectify it; but, if the labour be going on well, he has no business needlessly to interfere.

511. These remarks are made to set a lady right with regard to the proper use of an Obstetrician;—as, sometimes, a patient has an idea that a Medical man is able to greatly expedite a natural labour,—by constantly “taking a pain.”—Now, this is a mistaken, although a popular, notion.

* “Adam’s children must work, Eve’s children must suffer.”
—“On some Guesses at Truth,” in *Good Words*, June, 1862.

512. The *frequent* "taking of a pain" is injurious and unnatural.—It irritates and inflames the passages, and, sometimes, retards the labour.

513. No! the *occasional* "taking of a pain" is *absolutely* necessary to enable the Medical man to note the state of the parts, and the progress of the labour; but the *frequent* "taking of a pain" is very objectionable and reprehensible.

514. Fortunately for ladies, there is great talent in the midwifery department, which would prevent—however anxious a female may be to get out of her trouble—any improper interference.*

515. The *first* labour, is, generally, twice the length of time of an *after* one, and, usually, the more children a lady has had, the quicker is the labour; but this is, by no means, always the case, as *some* of the *after* labours may be the *tedious*, while the *early* confinements, may be the *quick* ones.

516. It should be borne in mind, too, that *tedious labours* are oftentimes *natural labours*, and that they only require time and patience to bring them to a successful issue.

* Dr. David D. Davis used, in his valuable Lectures, strongly to reprobate meddlesome midwifery: he justly observed, that—"Accoucheurs were only life-guardsmen to women."—A life-guardsmen, while on duty at the palace, does not interfere with every passer-by, but only removes those who obstruct the way.

517. As a rule, it may be said,—that a *first* labour lasts six hours, while an *after* labour, probably, lasts but three.

518. Of course, this space of time does not usually include the *commencement* of labour-pains; but the time that a lady may be *actually* said to be in *real* labour.

519. If we are to reckon—from the commencement of labour, we must double the above numbers—that is to say—make the average duration of a first labour, twelve hours; of an after-labour, six hours.

520. When a lady marries late in life—for instance, after she has passed the age of thirty—her *first* labour is usually much more lingering and tedious; demanding a great stock of patience from the patient, Doctor, and friends.

521. Supposing a lady marries late in life, it is only the *first* labour that is usually hard and lingering: the *after*-labours are as easy as though she had married earlier.

522. Slow labours are not, necessarily, dangerous labours: on the contrary, a patient frequently has a better and a more rapid recovery, after a tedious than after a quick labour.

523. It is an old saying, and, I believe, a true one,

that a lying-in woman must have pain either before or after a labour; and it certainly is much preferable that she should have the pain and suffering *before*, than *after* the labour is over.

524. It is well for a patient to know that, as a rule, she never has after-pains after a *first* labour.—This is some little consolation, and is a kind of compensation to her usually suffering more with her *first* child.

525. The after-pains generally increase in intensity with every additional child.—This only bears out, in some measure, what I before advanced, namely,—that the pain is less severe and of shorter duration *before* each succeeding labour, and that the pain is greater and of longer duration *after* each succeeding labour.

526. Fortunately for the patient, a Doctor possesses valuable remedies to alleviate the after-pains.

527. Nature, beneficent nature—ofttimes works in secret, and is doing good service for the patient, by preparing for the coming event, unknown to all around!

528. In the *very earliest stages of labour*, pain is not a necessary attendant!*

* "It is undoubted that painless contractions are then slowly going on."—*Dr. Tanner*.

529. A natural labour may be divided into three stages.

530. *The first*—the premonitory stage—comprising the “falling” or *subsidence of the womb*, and the “show.”

531. *The second*—the dilating stage—which is known by the pains being of a “grinding” nature, and in which the mouth of the womb gradually opens, or dilates, until it is sufficiently large to admit the exit of the head of the child, when it becomes,

532. *The third*—the completing stage—which is now indicated by the pains being of a bearing-down, expulsive character.

533. Now, in the first, or premonitory stage—which is much the longest of the three stages—it is not at all necessary, or desirable, that the patient should be confined to her room: on the contrary, she is better moving about the house, and attending to her duties.

534. In the second, or dilating stage, it will be necessary that she should be confined to her room, but not to her bed.—If the drawing-room be near at hand, she may, occasionally, walk to it, and lie on the sofa, if a pain should come on the while.

535. In the second stage, it is not at all desirable

that she should keep her bed, or even lie much on the bed.—She is better up and about [and walking about the room.

536. In the first, and second stages, the patient must not, on any account whatever, strain, or bear down to the pains,—as many silly nurses advise their ladies to do: as it would only retard the labour, by robbing her of her strength.

537. Besides, while the mouth of the womb is dilating, bearing-down cannot be of the slightest earthly use—the womb is not in a fit state to expel its contents.—If the patient by bearing-down could (but which fortunately she cannot) cause the expulsion of the child, it would, at this stage, be attended with frightful consequences—no less than rupture of the womb!

538. Therefore, for the future, let not a patient be persuaded by any nurse, or by any female friend, to bear down until the last, or completing stage, when a gentle, bearing-down will assist the pains to expel the child.

539. In the third, or completing stage, of course, it is necessary that she should lie on the bed, and bear gently down to the pains, as above advised.—The *bearing-down* pains will indicate to her when to *bear down*.

540. Even in the last stage, a patient should never bear down unless the pain be actually upon her;—it will do her great harm if she does.

541. In bearing-down,—the plan is to hold the breath, and to strain down as though she were straining to have a stool.

542. By a lady adopting the rules above indicated,—much weariness may be avoided; cramp—from the patient not being kept long in one position—may be warded off;—the labour—from the patient being amused by change of room and scene—may be expedited;—and, thus, the confinement may be deprived of much of its monotony and misery.

543. Nurses, sometimes, divide a labour into two kinds,—a “back-labour” and a “belly-labour.”—The latter is not a very elegant, although, it may be, an expressive term.

544. Now, in a “back-labour,” the patient will derive comfort from having her back held by the nurse.—This should not be done by the bare hand, but let the following plan be adopted,—let a pillow be placed next the back, and then the nurse may apply firm pressure—the pillow intervening between the patient’s back and the nurse’s hand or hands.—If the above plan be followed, the back will not be injured—which it otherwise would be—by the pressure of the hard hand of the nurse.—Where the bare hand alone has

been applied to the patient, I have known her back continue sore and stiff for days in consequence.

545. During the latter stage of labour, the patient should always keep her eyelids closed; or, the straining may cause an attack of inflammation of the eyes, or, at all events, make them blood-shot.

546. Let a large room be selected for the labour, and let it be airy and well ventilated; and, if it be summer time, take care that the chimney is not stopped.

547. The old-fashioned, four-post mahogany bedstead, is the most convenient for a confinement, and is far preferable to either brass or iron.—If it has a foot-board, it should be removed.

548. If there be more than one mattress, besides the bed, let it be taken away, as a high bed is inconvenient, not only to the patient, but to the Doctor.

PREPARATIONS FOR LABOUR.

549. I should strongly urge a patient not to put everything off to the last.

550. She should take care to have a *good* pair of scissors and whity-brown thread in readiness.—And *she must be sure* to have in the house some fresh-

liquor—that is to say, *unsalted* lard—that it may be at hand in case it is wanted.

551. Let everything necessary for herself and the baby be well aired and ready for use, and placed in such order, that all things may be found at a moment's notice.

552. Another preparation for labour—and a most important one—is, attending to the state of the bowels.—*If they are at all costive*,—the moment there is the slightest *premonitory* symptoms of labour, the patient must take a dessert-spoonful, or a table-spoonful (according to the nature of her bowels—whether she is easily moved, or otherwise), of castor-oil.

553. If she objects to taking the oil,—then let her have a lavement of warm water—a pint—administered.

554. By adopting either of the above plans, she will derive the greatest comfort and advantage.—It will prevent her delicacy from being shocked by having her bowels opened—without her being able to prevent them—during the last stage of labour; and it will much expedite the confinement, and lessen her sufferings,—by giving the parts more room.

555. The next thing to be attended to, is, the way in which the patient should be *dressed for the occasion*.

556. I would recommend her to put on a short bed-gown reaching to the hips ; to have on a flannel-petticoat to meet it ; and, then, to put on a dressing-gown over all.

557. If it be winter, the dressing-gown had better either be composed of flannel or lined with that material.

558. *The stays should not be worn* : as they would interfere with the progress of the labour.

559. The valances of the bed and the carpet had better be removed.

560. "*The guarding of the bed.*" This is done in the following way :—Cover the *right* side of the bed (as the patient will have to lie on her *left* side) with a large piece of water-proof—Mackintosh—sheeting, which is sold for the purpose ; over this, folded blankets and sheets should be placed.

561. If a Mackintosh cannot be procured, an oil-cloth table-cover will answer every purpose.

562. The above plans will effectually protect the bed from injury.

563. The lying-in room should be kept comfortably warm, but not hot ; if the temperature of the room be high, the patient will become irritable, feverish, and restless.

564. Every now and then, let the door of the room be left ajar, in order to change the air; and if, in the early periods of labour, the patient should retire for a while to the drawing-room,—let the lying-in-room window be thrown wide open; so as to thoroughly ventilate the apartment, and to make it fresh and sweet for the patient on her return.

565. It is wonderful, how refreshing to the spirits, and how strengthening to the frame, a well-ventilated room is, to a lying-in patient, and to all around her.

566. Many attendants are not only unnecessary, but injurious:—they excite the patient, and cause noise.

567. One female friend, besides the doctor and the monthly nurse, is all that is needed.

568. In making the selection of a friend, care should be taken that she is the mother of a family, a kind-hearted, strong-minded woman, of a cheerful turn of mind.

569. At these times, all “croakers” must be carefully avoided.—No conversation of a depressing character should be allowed.

570. Nurses, and female friends, who are in the habit of telling of bad cases that have occurred in their experience, should be shunned as the plague!

571. During the progress of labour, boisterous and noisy conversation should never be permitted ; it only irritates and excites the patient.

572. Although, boisterous merriment is bad ; yet, at such times, quiet, cheerful, and agreeable conversation is desirable.

573. A mother is often present on these occasions ; but, of all persons, she is the most unsuitable, as she tends, from her anxiety, rather to depress than to cheer the spirits of the patient.

574. Though the mother should not be in the *room*, it is desirable—if practicable—that she should be in the *house*.—The patient, in the generality of cases, derives comfort from the knowledge of her mother being so near at hand.

575. Another preparation for labour, is, to soothe her mind, by telling her of the usual safety of confinements ; and by assuring her, that in the generality of instances, it is a natural process ; and that all she has to do,—is to keep up her spirits,—to adhere strictly to the rules of her Doctor,—and she will do well.

576. He, too, will be able to administer comfort to her when he has “tried a pain,” or “taken a pain ” as it is called, and when he can assure her, that it “is *all right and straight*,”—that is to say,—that the

child is presenting in the most favorable position, and that everything is progressing satisfactorily.—Moreover, he will be able to inform her of the *probable* duration of the labour.

577. Let me, in this place, urge upon the patient, —the importance of her allowing the Medical man to inquire fully into her state;—she may depend upon it, that his inquiry will be conducted in the most delicate manner.

578. If there be anything wrong in the labour, it is, in the early stage and *before* the “waters have broken,” that most good can be done.

579. If a proper examination be not allowed to the Medical man whenever he deems it right and proper, —the patient’s life, and, perhaps, that of her child, may be the penalty of such false delicacy.

580. French brandy should always be in the house, in case it is wanted; but, let me impress upon the minds of the attendants, the importance of withholding it from a lying-in woman, unless it be ordered by the Doctor.

581. Numbers have fallen victims to brandy being indiscriminately given.—I am of opinion, that the great caution which is now adopted in giving spirits to women in labour, is one reason, among others, of

the great safety of the confinements of the present day, compared with those of former times.

582. The best beverage for a patient during labour is—a cup of warm tea, or, of gruel, or, of arrow-root.

583. It is folly, in the extreme, to force a patient to eat during the process of labour: her stomach recoils at it; as, at these times, there is generally a loathing of food, and, if we will take the appetite as our guide—AS WE ALWAYS SHOULD DO—we shall never go far wrong.

584. A female, during labour, should frequently make water; as, by doing so, she will materially add to her comfort, give the adjacent parts more room, and thus expedite the labour.—I wish to call attention to this point, as many ladies—especially with their first children—have, from false delicacy, suffered severely from not attending to it.

585. If the patient *cannot* make water, the Medical man should be *immediately* made acquainted with it, or most serious consequences may ensue.

HINTS TO ATTENDANTS, IN CASE THE ACCOUCHEUR
BE ABSENT.

586. After the *first* confinement, it frequently happens, that the labour is so rapid, that the child is born before the Doctor has time to reach the patient.

587. It is therefore desirable to give directions to the attendants,—*what to do, and what NOT to do.*

588. In the first place,—be calm and self-possessed, and let there be no noise, no scuffling, no excitement, no *whispering*, and no talking, and let the patient be made to understand that there is no danger: as the principal danger will be in exciting the mother with *unnecessary* fears as to danger either to herself or to her child.

589. Thousands are annually confined in England, and everywhere else, without the *slightest* assistance from a Doctor—the Doctor not being in time;—and, yet, both mother and child almost invariably do well.—Let the patient be informed of this fact—for it is a fact—and it will be a comfort to her.

590. The Medical man, as soon as he arrives, will soon make all right and straight.

591. In the mean time let the following directions be followed:—

592. *Supposing a child to be born before the Medical man arrives*,—the nurse should then ascertain—whether a coil of navel-string be around the neck of the child: if it be, it should be instantly liberated, or the infant may be strangled.

593. Care should be taken—that the child has

sufficient room to breathe, that there be not a "membrane" over the mouth;* and, that the face of the infant be not buried in the clothes.

594. Any mucus about the mouth of the child should be wiped away with a soft napkin, or it may impede respiration.

595. If the Medical man has not arrived,—cheerfulness, quietness, and presence of mind, should be observed by the attendants; otherwise, the patient may become excited and alarmed, and dangerous consequences may ensue.

596. If the infant should be *born apparently dead*:—a few smart blows should be given on the buttocks and back; a smelling-bottle should be applied to the nostrils, or rag should be singed under the nose, taking care that the burning tinder does not touch the child's skin; and cold water must be freely sprinkled on the face.—The navel-string must not be tied as long as there is pulsation in it.

* As a rule, the "waters break" just before the head is born:—then there is no fear of a membrane covering the mouth, as the head passes through the ruptured membrane.—"In other instances, the membrane does not burst before the expulsion of the head of the fetus externally, which it covers, and in such cases the infant is said, by nurses, to be born with a *cowl*, and this is advertised in the London newspapers in our day, and sold at a high price by midwives, as it is superstitiously supposed to prevent shipwreck."—*Ryan's Manual of Midwifery*.

597. The limbs, the back, and the chest of the child, must be well rubbed with the warm hand.—The face should not be smothered up in the clothes.

598. If pulsation has ceased in the navel-string (the above rules having been strictly followed, and having failed),—let the navel-string be tied and divided,* and, then, plunge the child into warm water—98° Fahr.—If the *sudden* plunge does not rouse respiration into action,—let him be taken out of the warm bath; as the keeping him in the water, for any length of time, will be of no avail.

599. If these simple means should not quickly succeed—although they generally will,—Dr. Marshall Hall's *Ready Method* may be tried, in the following manner:—"Place the infant on his face; turn the body gently, but completely *on the side and a little beyond*, and then on the face, alternately; repeating these measures deliberately, efficiently, and perseveringly, fifteen times in the minute only."†

600. Another plan of restoring suspended animation, is,—by artificial respiration,—which may be employed in the following manner:—Let an attendant squeeze the child's nose, with her left hand, to prevent any passage of air through the nostrils; then,

* See page 127, paragraph 607.

† For more full particulars of Dr. Marshall Hall's *Ready Method in Asphyxia*, see *Advice to a Mother*, seventh edition.

let her apply her mouth to the child's mouth, and breathe into it, in order to inflate the lungs; as soon as they are inflated, the air should be pressed out again—so as to imitate natural breathing—by the attendant's right hand.—Again and again should the above process be repeated; and the operator will frequently be rewarded by hearing a convulsive sob, which may be the harbinger of renewed life.

601. The navel-string—provided there be pulsation in it—should not be tied until animation be restored.

602. If it be tied before animation shows itself, and before the child has cried, he will have but a *slight* chance of recovery!

603. While the navel-string is left entire, provided there is still pulsation in it, the infant has the advantage of the mother's circulation and support.

604. If Dr. Marshall Hall's *Ready Method* and artificial respiration should not succeed, the child should be immersed, up to his neck, in a warm bath of 98 degrees Fahrenheit.

605. Warm water should always be in readiness, more especially if the labour be hard or lingering.

606. Should the child have been born for some

time before the Doctor has arrived, it may be necessary to tie and divide the navel-string.

607. The way to perform it is as follows:—A ligature—composed of four or five whity-brown threads—should be *tightly* tied round the navel-string—about two inches from the body of the child—by a double knot.—A second ligature should be applied, in a similar manner, about three inches from the first, and the navel-string should be carefully divided midway between the two ligatures.

608. Of course, if the Medical man be shortly expected, any interference would be improper, as such matters should be left entirely to him.

609. THE AFTER-BIRTH SHOULD NEVER BE BROUGHT AWAY BY THE NURSE: if the Medical man has not yet arrived, it must be allowed to come away of its own accord.

610. The *only* proper treatment the nurse should adopt, in such a case—and *which it is important that she should adopt*—is—that *firm* pressure should be applied, by means of the hand, over the region of the womb: this will have the effect of encouraging contraction of the womb, of throwing off the after-birth, and of preventing violent flooding.

611. If it does not soon come away—say in an hour—or—if there be flooding,—another Medical man

should be sent for; but, on no account, must the nurse be allowed to interfere with it, further than I have before recommended; as I have known dangerous, and, in some cases, even fatal consequences to ensue from such meddling.

BEST AFTER DELIVERY.

612. A lady must never be disturbed for, at least, an hour after delivery; if she is, violent flooding may be produced; of course, the Medical man will make her comfortable, by removing the soiled napkins and applying clean ones in their place.

613. The patient's head ought to be made easy; she should still lie on her side; indeed, for the first hour, let her remain nearly in the same position as that in which she was confined; with this only difference, that if her feet have been pressing against the bed-post, they may be removed from that position.

CLOTHING AFTER LABOUR.

614. After the lapse of an hour, or two, the patient may be moved from one side of the bed to the other.—It must be done in the most tender and cautious manner.—She must not, on any account whatever, be allowed to sit erect in the bed.—She herself must be *passive* while being moved, that is to say—*she must*

use no exertion—no effort ; but be moved from side to side by two attendants, one to take hold of her shoulders, the other, of her hips.

615. A patient, *after* delivery, usually feels shivering and starved ; it will, therefore, be necessary to throw additional clothing—such as a blanket—over her, —which should envelope the body and be well tucked around her ; but the nurse must be careful not to overload her with clothes, or it may produce flooding, fainting, &c. ; therefore, as soon as she is warmer, let the *extra* clothing be gradually removed.

616. If the feet be cold—let them be wrapped in a warm flannel petticoat, over which a pillow may be placed.

617. A frequent change of linen after confinement is desirable.—Nothing is more conducive to health than cleanliness.

618. Great care should be taken to have the clothes and sheets well aired.

REFRESHMENT.

619. Directly after a patient is confined, a cup of cool, black tea may be given.—I say cool, not cold, as cold tea may chill her.—Hot tea would be improper, as it might induce flooding.

620. As soon as she is settled in bed, there is nothing better than a *small* basin of warm gruel.

621. Brandy should never be given after a confinement, unless ordered by the Medical man.

622. Warm beer is, also, objectionable; indeed, stimulants of all kinds should be carefully avoided; as they would only produce fever, and, probably, inflammation.

623. Caudle is now seldom given; but still, some old-fashioned people are fond of advising it after a labour.

624. Caudle should be banished the lying-in room: in former times, it caused the death of thousands!

BANDAGE AFTER CONFINEMENT.

625. This consists of thick linen, similar to sheeting, sufficiently broad to support the bowels comfortably, and about a yard and a half long.—It must be put on moderately tight; and, as soon as it becomes slack, should be re-tightened.

626. If there be not a proper bandage at hand,—a yard and a half of *unbleached* calico, folded double, will answer the purpose quite as well.

627. The best pins, to fasten the bandage, are, the patent safety pins.

628. A support to the bowels, after confinement, is important,—in the first place, it is a great comfort;—in the second, it induces the abdomen to return to its original size;—and lastly, it prevents flooding.

629. Those ladies—more especially, if they have had large families—who have neglected proper bandaging after confinement, frequently suffer from enlarged and pendulous bowels.

POSITION.

630. *The way of placing the patient in bed.*—A patient should not be allowed to raise herself in bed.

631. If she be dressed, as recommended at paragraph 556,—her soiled linen may be readily removed; and she may be drawn up by two assistants—one at the shoulders and another at the legs—to the proper place; without the patient raising her body at all,—*she not being allowed to use the slightest exertion.*

632. Inattention to the above recommendation has caused violent flooding, fainting, bearing-down of the womb, &c., and, in some cases, even fatal consequences.

THE LYING-IN ROOM.

633. *The room to be kept cool, and well ventilated.*—A nurse is too apt to keep a large fire after the confinement is over.

634. Nothing is more injurious than to have the temperature of a lying-in room high.

635. A little fire, provided the weather be cold, is desirable to dress the baby by, and to encourage a circulation of the air.

636. The room-door should, occasionally, be left ajar, in order to change the air of the apartment: a lying-in woman requires pure air as much as others; but, how frequently does the nurse fancy that it is dangerous for her to have fresh air!

637. After the affair is over—the blinds should be put down and the window-curtains should be drawn, in order to induce the patient to have a sleep, and thus to rest herself after her hard work.—PERFECT STILLNESS SHOULD REIGN IN THE ROOM AND IN THE HOUSE.

638. It is really surprising, in the present enlightened age! how much misconception and prejudice *there* still is among the attendants of a lying-in room; *they* fancy labour to be a disease, instead of being

what it really is—a natural process; and that old-fashioned notions, and not common sense, should guide them in such matters.

639. After labour, the patient should be strictly prohibited from talking; and noisy conversation of the attendants ought not to be allowed; indeed, she cannot be kept too quiet, as she may then be induced to fall into a sweet sleep, which would refresh and recruit her strength.

640. As soon as the child is washed and dressed and the mother is made comfortable in bed, the nurse alone should remain,—LET EVERY ONE ELSE BE BANISHED THE LYING-IN ROOM.

641. Visitors must, *on no account*, be allowed to see the patient until the Medical man gives permission.

BLADDER.

642. *Should a patient go to sleep before she has made water?*—There is not the least danger in her so doing (although some old-fashioned persons may tell her there is), nevertheless, if she feel any inclination, before she goes to sleep, she may respond to it.

643. Let me urge the importance of the patient, *immediately* after childbirth—making water while in a lying posture.

644. I have known violent flooding to arise from a lying-in woman being allowed, soon after delivery, to sit up while passing her water.

645. The *pot de chambre* must be warmed, and the rim should be covered with flannel.

646. If there be any difficulty in making water, the Medical man should *immediately* be made acquainted with it by the nurse.—False delicacy should never stand in the way of this advice.

647. It should be borne in mind,—that after a very lingering, tedious labour, there is frequently *retention of urine*—that is to say—that the patient is unable to make water without assistance.

648. After trying several times to pass water, while lying down, and after allowing twelve hours to elapse and not being able to succeed, it will be well for the patient to try the following method :—Let the *pot de chambre* be well warmed, let the rim be covered with flannel (*which it always should be at a confinement,*) then let the patient kneel *on* the bed, supported the while by the nurse, and the shoulders covered with a warm shawl, then, let her, with the *pot de chambre* properly placed on the bed, try to make water—and the chances are that she will now succeed.

649. If she does not,—the Medical man *must*, without loss of time, be informed of the fact, and it will

then be necessary—absolutely necessary—for him to draw off the water by means of a catheter.

650. It may be well to state,—that the passing of a catheter is unattended *with the slightest danger or pain*; and is done without exposing the patient, and, thus, without shocking her modesty.

BOWELS.

651. The bowels are usually costive after confinement.—Doubtless, this confined state of the bowels, after labour, is a wise provision of nature, in order to give repose to the surrounding parts—especially to the womb; it is therefore, well not to interfere with them, but to let them have perfect rest until the third day.

652. Then, if they be not opened—a dose of castor-oil should be given in the manner recommended at paragraph 234.—A tea-spoonful, a dessert-spoonful, or a table-spoonful, according to the constitution of the patient, will be the proper dose.

653. If, in the course of twelve hours, it should not have the desired effect, it must be repeated.

654. The old-fashioned custom was—to give castor-oil on the morning after the confinement: this was a mistaken plan, as I have above proved.

655. Castor-oil is the *best* medicine after a lying-in, as it does not irritate the patient's bowels, or—through the mother's milk—gripe the infant.

656. Aperient pills, as they most of them contain either colocynth or aloes, or both, frequently give great pain to the infant, and purge him much more than they do the mother; therefore, *aperient pills, after a confinement, must be avoided.*

“CLEANSINGS.”—ABLUTIONS.

657. “*The Cleansings.*”—This watery discharge occurs directly after a lying-in; and lasts a week, or fortnight, and, sometimes, even longer.

658. It is, at first, of a reddish-colour; this changes to a brownish-hue; and, afterwards, to a greenish shade—hence the name of “green-waters.”—In some cases, it has a disagreeable odour.

659. A moderate discharge is necessary; but when it is profuse, it weakens the patient.

660. Some nurses object to have the parts bathed after delivery; they have the impression, that such a proceeding would cause cold!

661. Now, warm fomentations, twice a day, and even oftener, if the discharge, or the state of the parts

require it, is ABSOLUTELY INDISPENSABLE TO HEALTH, CLEANLINESS, AND COMFORT.

662. Indeed, ablutions, at these times, are more necessary than at any others.

663. There is nothing better for the purpose, than a soft sponge and warm water; unless the parts be very sore: if they are,—a fomentation of marshmallows-and-camomile,* two or three times a day, will afford great relief; or—the parts may be bathed with warm oatmeal-gruel, of course without salt.

664. The parts should be well, but quickly, dried after each fomentation.

665. Let the above rules be strictly followed.—Let no prejudices of the nurse, or of any female friend, stand in the way of the above advice.

666. ABLUTION OF THE PARTS, THEN, AFTER A CONFINEMENT, AND THAT FREQUENTLY, IS ABSOLUTELY REQUIRED, OR EVIL RESULTS WILL, AS A MATTER OF COURSE, ENSUE.

* Boil two handfuls of marshmallows and two handfuls of camomile-blows, in two quarts of water, for a quarter of an hour, and strain.

REST AND QUIETUDE.

667. A horizontal position, for ten days or a fortnight after labour, is important.

668. Frequently a lady fancies, that if she supports her legs, it is all that is necessary: now, this is absurd;—it is the womb, and not the legs, that requires rest; and the only way to obtain it, is, by lying flat on a bed, or sofa: for the first five or six days, on a bed, day and night; and, then, for the next five or six days, the patient may be removed, for a short period of the day, either to another bed, or to a sofa.

669. Which other bed, or sofa, should be wheeled to the side of the bed, and the patient placed on it by two assistants,—one taking hold of the shoulders, and the other, of the hips,—the patient herself being perfectly passive, and not being allowed to sit erect, the while.—During the time she is on the sofa, the patient must maintain the *level* position.

670. After the first nine days—she may sit up for half an hour; gradually, she may prolong the time of sitting-up; but still, for the first fortnight, she should lie down a great part of every day.

671. After the first week, she may lie on a sofa or on a horse-hair mattress.

672. The above plan may appear irksome, but my experience tells me that it is necessary—*that it is absolutely necessary.*

673. The benefit, that the patient will ultimately reap from it, will amply repay the temporary annoyance of so much rest.

674. I have known, where the above rules have not been adopted—that bearing-down of the womb, and even “falling” of the womb, frequent miscarriages, and, ultimately, ruin of the constitution, have resulted.

DIET.

675. *For the first two days*—the diet should consist of gruel, arrowroot, tea, dry-toast-and-butter, or bread-and-butter.

676. Taking care, not to overload the stomach with too much fluid; therefore, a breakfast-cupful of gruel or of arrowroot, or two small tea-cupfuls of tea, at a time, should not be exceeded; otherwise, the patient will feel oppressed; she will be liable to violent perspiration, and there will be a too abundant secretion of milk.

677. *For the next day*—a little chicken-broth, or beef-tea, or mutton-broth, or light pudding, may be substituted for the gruel at dinner.

678. If beef-tea, or broth, do not agree, or, if puddings be distasteful—a small quantity of sole may be eaten instead.

679. But still, gruel will form the best supper for the present.

680. *On the fourth day*—a little chicken, game, or mutton-chop, for dinner, may be taken with advantage.

681. Gradually, the diet may be improved.—At the end of ten days, a female may return to her usual diet; provided it be plain, wholesome, and nourishing.

BEVERAGE.

682. *For the first ten days*—toast-and-water—with the chill taken off—is the best beverage.

683. Wine, spirits, and beer, during this time, should not, on any account, be given, unless the patient be very weak and debilitated, or unless ordered by the Medical man.

684. *After ten days or a fortnight*—a tumbler of mild ale, or of London or of Dublin porter—where they agree—may be taken at dinner; but, if ale or porter be given, wine should not be allowed.

685. *It would be well, to keep either to ale, or to*

porter, as may best agree with the patient, and not to mix them; nor, to take porter at one meal, and ale at another.

686. Barrelled porter, in this case, is superior to bottled; as it contains less fixed air.

687. On the whole, however, I should prefer *home-brewed* ale, to porter.

688. Old, or very new, or very strong ale should not be given.

689. In the summer, great care is required; as the warm weather is apt to turn the beer acid.—Such beer would not only disagree with the mother, but would disorder the milk, and thus the infant.

690. Sometimes, a nursing mother endeavours to correct *sour* porter, or *sour* beer, by putting soda in it.—This plan is objectionable—as the constant taking of soda is weakening to the stomach, and impoverishing to the blood.—Moreover, it is impossible to make *sour* porter sound and wholesome, and fit for a nursing mother, or for any one else, by any artificial expedient.—If beer, or porter, is sour, it is not fit to drink, and should be thrown away, or given to the pigs!

691. Sometimes, neither wine, nor malt-liquor, agree; then, new-milk-and-water will generally be found the best beverage.

692. If milk should disagree,—barley-water, or toast-and-water, may be substituted.

CHANGE OF ROOM.

693. The period at which a lying-in-woman should leave her room, will, of course, depend upon the season, and upon the state of her health.

694. After the first fourteen days, she may, usually, change the chamber for the drawing-room, provided it be close at hand ; if it be not, she may, during the day, remove—be wheeled—from one bedroom to another ; as, change of apartment will then be desirable.

695. During her absence from the room, the windows must be thrown wide open ; and the bed-clothes should be thrown back, in order that they may be well ventilated.

696. At the end of three weeks, she may take her meals with the family ; but, even then, she should lie on the sofa, occasionally, during the day, to rest her back.

EXERCISE IN OPEN AIR.

697. The period at which a lady, after her confinement, should take exercise in the *open* air, will, of

course, depend upon the season, and upon the state of the wind and weather.

698. In the *winter*, not until the expiration of a month, and not even then, unless the weather be fine for the season.—Carriage exercise will be the most suitable at first.

699. In the *summer*, she may, at the end of three weeks, take an airing in a carriage; provided the weather be fine, and the wind be not in an easterly or north-easterly direction.

700. At the expiration of the month, she may go out of doors regularly, provided the season and the weather will allow, and, gradually, resume her household duties and employments.

PART IV.

SUCKLING.

THE DUTIES OF A NURSING MOTHER.

701. A mother should not undertake to suckle her child, UNLESS SHE INTENDS TO DEVOTE HERSELF TO HIM.—She must make up her mind to forego the so-called pleasures of fashionable life.—In a case of this kind, there must be no half-and-half measures,—she must either give up her helpless child to the tender mercies of a wet-nurse, or—devote her whole time and energy to his welfare—to the greatest treasure that God can give her!

702. Oh! if a mother did but know the joy that suckling her infant imparts, she would never contemplate, for one moment, having a wet-nurse to rob her of that joy:—

“The starting beverage meets the thirsty lip,
’Tis joy to yield it, and ’tis joy to sip.”*

* *The Nurse*: a Poem.

703. Lamentable, indeed, must it be, if any unavoidable obstacle should prevent a mother from suckling her own child !

THE BREAST.

704. As soon as the patient has recovered from the fatigue of her labour—that is to say, in about four or six hours—attention should be paid to the breasts—more especially in a *first* confinement.

705. If there be milk in the breast—which may readily be ascertained by squeezing the nipple—the infant should be applied, *at first*, not *frequently*—as some do—but at considerable intervals—say, every four hours—until the milk be properly secreted ;—when such is the case, the child must be applied more frequently, but still at stated times.

706. If the breast be full, hard, knotty, and painful—which they generally are two or three days after a *first* confinement—let them be tenderly rubbed, every four hours, with equal parts of olive-oil and of *Eau de Cologne*—which should be well shaken up, in a bottle, every time before it is used.

707. If the breasts are more than usually large and painful, in addition to assiduously using the above liniment—apply, in the intervals, young cabbage-leaves to the breasts, which should be renewed after

each rubbing.—The “veins” of the leaves should be cut smooth—level with the leaf—with a sharp knife—before they are applied to the breast.—It will require several leaves, as the whole of the breast must be covered.—The cabbage-leaves will be found very serviceable and comfortable.

708. The breasts should then be supported with a large, soft, folded, silk-handkerchief—one portion going under the bosoms and suspending them, the other portion, over the neck, and tied behind the neck,—thus acting as a kind of sling to the bosoms.

709. While the breasts are full, and uncomfortable, the patient must not drink much fluid; as it would only encourage a larger secretion of milk.

710. When the milk is at “its height” as it is called, she should take a little cooling medicine—a seidlitz powder, every morning—and the following effervescing mixture, every four hours :

Take of—Bicarbonate of Potash, one drachm and a half;
Distilled Water, eight ounces :

To make a mixture. Two tablespoonfuls to be taken, with one tablespoonful of lemon juice, every four hours, whilst effervescing.

711. In two or three days, under the above management, the size of the breasts will decrease, all pain will cease, and the infant will take the breast with ease and comfort.

712. If, unfortunately, proper precautions have not been taken, and the breast should gather, and become what is popularly called a "bad breast," other treatment will be necessary, and which I shall comment on in subsequent paragraphs, under the head of "Gathered Breasts."

STATED TIMES FOR SUCKLING.

713. A mother should suckle her infant at stated times.—It is a bad habit to give a child the breast every time he cries, regardless of the cause; for, be the cause what it may—overfeeding, "wind," or acidity—a mother is apt to consider the breast a panacea for all his sufferings.

714. "A mother generally suckles her infant too often, having him almost constantly at the breast.—This practice is injurious both to parent and to child.—For the first month,—the infant should be suckled about every hour and a half; for the second month,—every two hours; gradually increasing the distance of time between, as the infant becomes older; until, at length, he has the breast about every four hours.—If a child were suckled at stated periods, he would only look for it, at those times, and be satisfied."*

715. Frequently a mother allows her infant to be

* *Advice to a Mother on the Management of her Offspring*; the seventh edition. By Pye Henry Chavasse, F.R.C.S.

at the breast a great part of every night.—Now, this plan is injurious both to parent and to child; it weakens the mother, and thus enfeebles the infant; it robs them both of their sleep; and generates bad habits, which it will be difficult to break through; it often gives the mother a sore nipple, and the child, a sore mouth.

716. It is surprising—how soon an infant, at a very early age, may be brought into good habits by judicious management; it only requires a little determination and perseverance at first; therefore, a nursing-mother should at once commence by giving the child the breast at stated periods, and rigidly adhere to the times above recommended.

717. A mother should never give her infant, the breast, *immediately* after taking a long walk, and while her skin is in a state of violent perspiration; or, it will inflame the milk, and, thus, disorder the child's bowels, or originate some skin disease, which may be difficult to cure.

718. She must, therefore, wait until the surface of the body is *moderately* cool, before she gives him the breast.—Let her be careful not to sit in draughts the while.

CLOTHING.

719. A nursing-mother should have her dress made loose, more especially her stays.

720. Gathered breasts sometimes arise from the bones of the stays pressing upon them: I should, therefore, recommend her to have the bones removed.

721. If a lady be not in the habit of wearing flannel waistcoats, she should, at least, have her breasts covered with flannel; taking care, that there be a piece of linen over the nipples.

722. I should advise a nursing-mother to provide herself with a water-proof nursing apron, which may be procured at any baby-linen establishment.

DIET.

723. A lady who is suckling, should live plainly: her diet should be light and nourishing.

724. It is a mistaken notion that, at these times, she requires *extra* good living.

725. A mother should never be forced to eat more than her appetite demands; if she is,—indigestion, heart-burn, sickness, costiveness, or bowel-complaints, will be likely to ensue.

726. It is a folly, at any time, to force the appetite.—If a patient be not hungry, compelling her to eat will do her more harm than good.—In such a case, a Medical man should be consulted.

727. The best meats are—mutton and beef: veal and pork may be eaten, occasionally, for a change.

728. Salted meats are hard of digestion; therefore, if boiled beef be eaten, it should be very slightly salted.—In winter, it is better to have the boiled beef *unsalted*; it is then, especially if it be the rump, deliciously tender.—Of course, salt should be eaten with the *unsalted* meat.

729. High-seasoned dishes are injurious; they inflame the blood, and thus disorder the milk.

730. Some persons consider—that there is no care requisite in the selection of food, and that a nursing-mother may eat anything: but, if we appeal to reason and to facts, we shall be borne out in saying, that care is required.

731. It is well known that cow's milk very much partakes of the properties of the food on which the animal lives.—Thus,—if a cow feeds on Swedes, the milk and butter have a turnipy flavour.—This decides, beyond a doubt, that the milk does partake of the qualities of the food on which she feeds.—The same reasoning holds good in the human species, and proves the absurdity of a nursing woman being allowed to eat anything, be it ever so gross, indigestible, or unwholesome!

732. Again, a dose of purgative medicine given to

the mother, or greens taken at dinner, will sometimes purge the child as violently, or, even more so, than it will herself.

733. Even a wet-nurse's milk—be it ever so healthy—acts differently, and less beneficially, upon the child, than the mother's *own* milk :—

“Nor yet alone among the human race
The strong effects of aliment we trace.
—Go, bid the hind employ'd your flocks to keep,
Change but the younglings of the goat and sheep.
The novel food each alter'd fleece will show,
Soft will the kid's, and harsh the lambkin's grow.
Would you the beagle should his scent retain,
No stranger teat your genuine brood must drain.
Even wolves rapacious half their rage resign,
Fed with the milk-stream from the race canine.
Nor to the various vegetable tribe
Imports it less what juices they imbibe;
The vigorous plant in some mild spot that blooms,
Spreads its green shade, and breathes its rich perfumes;
But if to some ungenial soil convey'd
Soon mourns its fragrance lost, its strength decay'd.” *

734. An infant, who is suckled by a mother who lives grossly, is more prone to disease—particularly to skin and inflammatory complaints—and to disease which is more obstinate to subdue.

735. Do not let me be misunderstood,—I am not advocating that a mother should be fussily particular

* *The Nurse* : a Poem.

—by no means.—Let a nursing-mother take a variety of food—both animal and vegetable;—let her vary her food from day to day;—let her ring the changes on boiled, and stewed, and grilled, and roast meats;—on mutton, and lamb, and beef, and chicken, and game, and fish;—on vegetables—potatoes, and turnips, and broccoli, and cauliflower, and asparagus.

736. But what I object to a nursing-mother taking are,—gross meats—such as goose, or duck,—highly salted beef,—shell-fish—such as lobster, or crab,—rich dishes,—highly-seasoned soup,—pastry—unless it be plain,—and cabbages and greens—if found to disagree with the infant—and with any other article of food which is rich, gross, and indigestible, and which the mother has found, by experience, to disagree with herself, or with her child.—It will be seen, therefore, from the above catalogue, that my restrictions, as to diet, are limited, and are, I hope, founded on reason and on common sense.

737. A moderate quantity—say a tumbler—of fresh *mild* ale, or of porter, will generally be found the best beverage for dinner and for supper.

738. Wine, if taken at all, should only be used sparingly.

739. In the higher ranks of life, where a lady is in the habit of taking wine, it is necessary to continue it; although, the quantity should not be increased.

740. A nursing mother is subject to thirst: when such is the case—she must not fly to beer, or to wine, to quench it; this will only add fuel to the flames.—The best beverages will be—toast-and-water, milk-and-water, barley-water, or weak black-tea.

741. A lady who is nursing, is liable to fits of depression.—Let me strongly urge the importance of her abstaining from wine and stimulants, as a remedy: they would only raise her spirits for a time, and then depress them in an increased ratio.—A drive in the country, or a short walk, would be the best medicine.

742. Spirits are injurious during suckling: I may even say,—that they are insidious poison to the mother, and, indirectly, to the child.

743. It is undesirable for a mother to take stimulants—such as ale, or wine—when the infant, that she is nursing, is labouring under an inflammatory complaint: in such a case,—toast-and-water will be the best beverage for her dinner; gruel for her supper; and black-tea—not coffee, as it would be too stimulating—for her breakfast and tea.

FRESH AIR AND EXERCISE.

744. Exercise, during suckling, cannot be too strongly insisted upon.—Whenever the weather will admit, it should be taken.

745. Whatever improves the health of the mother, of course benefits the child ; and—**THERE IS NOTHING MORE CONDUCTIVE TO HEALTH, THAN FRESH AIR AND EXERCISE.**

746. A mother should not nurse her infant *immediately* after taking exercise—but wait for half an hour.

747. Nor should she take *violent* exercise ; as it would be likely to disorder the milk.

748. If the weather be hot and sultry,—carriage exercise is preferable to walking ; if that be not practicable,—she should have the windows thrown open, and perambulate the hall and rooms ; as she would, by such means, avoid the intense heat of the sun.

THE POSITION OF A MOTHER DURING SUCKLING.

749. Good habits are as easily formed as bad ones.—A mother, while in bed, should always suckle her child while lying down.

750. The sitting-up in bed, during such times, is a fruitful source of inflammation, and gatherings, of the breasts.—Of course, during the day, the sitting-up position is the best.

751. Let me caution a lady, not to nurse her infant

in a half-sitting and half-lying posture ; it will spoil her figure, disturb her repose, and weaken her back.

THE TEMPER.

752. Passion is injurious to the milk, and, consequently, to the child.—Sudden joy and grief of the parent frequently disorder the infant's bowels, producing griping, looseness, &c. ;—hence, a mother who has a mild, placid temper generally makes an excellent nurse ; on which account, it is a fortunate circumstance, that a lady is frequently better tempered during suckling, than at any other period ; indeed, at such times, she usually experiences great joy and gladness !

753. As a rule—the happiest period of a woman's existence, is, when she first becomes a mother.—“The pleasure of the young mother in her babe is said to be more exquisite than any other earthly bliss.” *

754. It is an old saying, and I believe, a true one—that the child inherits the temper of his wet-nurse. This may be owing to the following reasons :—If the nurse be good-tempered—the milk will be more likely to be wholesome, which will, of course, make the child more healthy, and, consequently, better tempered.

* *Good Words*, October, 1861.

755. While, on the other hand, if the nurse be of an irritable, cross temper, the milk will suffer, and thus cause disarrangement to the child's system ; and hence, ill-health and ill-temper will be likely to ensue. —We all know the influence that good or bad health has on the temper.

756. One and an important reason, then, why a nursing-mother is often better tempered than she is at other times, is, that she is in better health,—her stomach is in a healthier state.—There is an old and true saying,—“ that it is the stomach that makes the man,” and if the man, the woman !

OCCUPATION.

757. I strongly recommend a mother to attend to her household duties.—A lady, who is nursing, is never so happy, nor so well, as when her mind is moderately occupied.

758. I do not mean by occupation—the frequenting of balls, or routs, or parties : a nursing-mother *has no business to be at such places* ;—she should devote herself to her infant and to her household, and she will then experience the greatest happiness this world can afford !

759. One reason, why the poor make so much better nursing-mothers than the rich, is, the former

having so much occupation; while the latter, having no real work to do,—the health becomes injured, and the functions of the breasts suffer in consequence.

760. What would not some rich mother give for the splendid supply of milk—healthy, nourishing, life-giving milk—of the poor woman, who has to labour for her daily bread!

761. What is the reason that rich ladies so frequently require wet-nurses? The want of occupation!—And from whom do the rich obtain the supply of wet-nurses? From the poor women, who have no lack of occupation, as they have to labour for their daily bread.—Bear this in mind, ye rich, and indolent, and pampered ladies! and alter your plans of life, or take the consequences, and still let the poor women have the healthy, chubby, rosy, laughing children; and you, ye rich ones! have the unhealthy, skinny, sallow, dismal little old men and women, who are constantly under the Doctor's care, and have to struggle for their very existence!

762. Occupation, then, bustling occupation—real down-right-work—either in the form of out-door exercise, or of attending to her household duties, a lady *must* take, if she wishes to have a good breast of milk;—if, in point of fact, she is desirous to have healthy offspring! For the Almighty is no respecter of persons! And **HE** has ordained that work shall be

the lot of men and of women too!—It is a blessed thing to be obliged to work.—If we do not work, we have all to pay a heavy penalty, in the form of loss of health and loss of happiness!

763. A mother who is listless and idle, lolling on an easy chair, or reclining on a sofa, the greater part of every day, in a room where a breath of air is not allowed to enter, usually makes a miserable nurse.

764. She is nervous, dyspeptic, and emaciated; having little milk, and that little, of a bad quality: her infant is puny, pallid, and unhealthy, and, generally, drops into an untimely grave.

765. OCCUPATION, then, WITH FRESH AIR AND EXERCISE, IS INDISPENSABLE TO A MOTHER WHO IS SUCKLING.

AILMENTS, ETC.

766. *The Nipple*.—A *good* nipple is important to the comfort of the parent, and to the well-doing of the child.

767. One, among many, of the ill-effects of stays and corsets, is, the *pushing-in of the nipple*;—sore-nipples, and consequent suffering, are the result.

768. Moreover, a mother thus circumstanced, may be quite unable to suckle her infant; and, then, she

will be severely punished for her ignorance and folly ; she will be compelled to forego the pleasure of nursing her own children, and will be obliged to delegate to hirelings her greatest privilege !

769. *Treatment of small and drawn-in nipples.*—The child must suck through the intervention of an India-rubber teat, fastened on a glass or box-wood shield,* made for the purpose.

770. The India-rubber teat must be softened, by dipping it in warm, but not in hot, water, before it is used.

771. I have known many mothers able to suckle their children with this contrivance, who otherwise would have been obliged, either, to have weaned them, or, to have procured the assistance of a wet-nurse.

772. The above aid will enable the infant, in the generality of instances, to suck with ease.—After this has been used for a time, the nipples may be so improved as to render the continuance of it unnecessary.

773. Of course, I do not advise an India-rubber teat to be used,—until a fair trial has been given to suckle the child, by applying him at once to the nipples ;—but if he cannot draw out the nipple, then,

* Which may be procured of any respectable surgical instrument maker.

rather than wean him, or than employ a wet-nurse,—the India-rubber teat should be tried.

774. Remember—as soon as the nipple is sufficiently drawn out, which, in all probability, it will be in a few days—the India-rubber teat must be dispensed with.

775. In such a case, when the child is not at the breast—a nipple-shield, without the India-rubber teat, should be worn.—Small and bad nipples have frequently been drawn out, and made good ones—by wearing nipple-shields: the dress will suffice to keep them in their places.

776. *Sore-nipples*.—If a lady, during the latter period of pregnancy, were to adopt the plan, recommended at page 72, paragraph 326, sore-nipples would not be so prevalent during the period of suckling.

777. A sore-nipple is frequently produced—by the injudicious plan of a mother allowing her child to have the nipple almost constantly in his mouth.—Stated periods for suckling should therefore be strictly adopted, as recommended at paragraph 714.

778. Another frequent cause of a sore-nipple, is, from the child having the thrush.

779. It is folly to attempt to cure the nipple, without, at the same time, curing the mouth of the infant.

780. *Treatment.*—One of the best remedies for a sore-nipple, is the following powder :

Take of—Biborate of soda, one drachm ;

Powdered starch, seven drachms :

Mix.—A pinch of the powder to be frequently applied to the nipple.

781. As there is nothing in the powder injurious to the infant, the powder should not be wiped off before applying him to the nipple ; indeed, the powder is likely to be of service to the child, in preventing, or in curing, a sore-mouth.

782. If this powder should not have the desired effect,—“ a liniment composed of equal parts of glycerine and brandy ” may be tried, which should be shaken up just before using.—The liniment should be painted on the nipple, by means of a camel’s-hair brush, every time before, and directly after, the infant has been suckled.—The liniment need not be wiped off before applying the child.

783. A mother should be careful to *dry the nipple*,—not by rubbing it, but by dabbing it—with a piece of linen rag, every time after the infant has taken the breast, and before applying the powder, or the liniment.

784. When the nipple is very sore, she suffers intense pain whenever the child is put to the breast.

785. This being the case, she had better suckle the child through the intervention of an India-rubber teat, properly fastened on a shield, as before recommended, see page 159, paragraph 769.

786. Sometimes a nursing-mother is annoyed by the milk *flowing away constantly*, making her wet and uncomfortable.—Under such circumstances, all that can be done is,—to wear nipple-glasses; and to apply a piece of flannel to the breast, which will prevent the milk from chilling the patient, and thus do away with the danger of her taking cold, &c.

787. *The Breast*.—Before applying the infant to the breast, a mother should carefully ascertain if there be milk.—This may be readily done by squeezing the nipple between the finger and thumb.

788. If there be no milk,—she should, on no account, apply the child to the breast, but wait until the milk be secreted,—or serious consequences both to mother and to child may ensue:—to the former—inflammation and gathering of the breast, and sore nipples;—to the latter—thrush, diarrhœa, and eruptions on the skin.*

789. If there be a supply of milk in the breast,

* For much valuable information on this subject, see *A New and Rational Explanation of the Diseases peculiar to Infants and Mothers*. By Thomas Ballard, M.R.C.S.

and still the child will not suck, the Medical man's attention should be drawn to the fact; in order, that he may ascertain, if the child be tongue-tied; if he be—the mystery is explained, and a simple, painless operation will soon make all right.

790. If the *breasts be full and uneasy*, they should be well, although tenderly, rubbed with the right hand, three or four times a day,—with olive-oil and *eau de Cologne* (of each, equal parts), taking care to support the bosom, with the left hand, during such friction.

791. Some nurses rub with their fingers only; now, such rubbing does harm.—The proper way to apply friction, is, to pour a small quantity of the oil and *eau de Cologne*—first shaking the bottle—into the palm of the hand, and, then, to well rub the breasts with it,—taking care to use the whole of the inside of the hand, and that the hand be warm.

792. After the breasts have been well rubbed, they should be nicely supported with a large, soft, folded silk handkerchief, which must pass *under* the breasts, and *over* the shoulders, and should be tied at the back of the neck—thus, acting as a sling.

793. If the breasts be very uncomfortable, I have found,—young cabbage-leaves (with the “veins” of each leaf cut level to the leaf) applied to the breasts,

after each application of the oil-and-eau-de-Cologne liniment, afford great relief.

794. Or,—a large, warm, white-bread-and-milk-and-olive-oil poultice should be applied, which must be renewed three or four times a day.

795. The way to make the poultice, is, as follows :—A thick round of bread should be cut from a white-loaf; the crust should be removed; the crum should be cut into pieces, about an inch square; upon which, boiling-hot new-milk should be poured; it should be covered over for ten minutes; then, the milk should be drained off; and the olive-oil—previously warmed, by placing a little on the hob, in a tea-cup—should be beaten up with the moistened bread, by means of a fork, until it be of the consistence of a soft poultice. —It should be applied to the bosom as hot as can be comfortably borne.

796. *Gathered Breast.*—A gathered breast, or “bad breast”—as it is sometimes called—is more likely to occur after a *first* confinement, and during the *first* month; therefore, great pains should be taken to avoid such a misfortune.

797. A gathered breast is frequently owing to the carelessness of a mother, in not covering her bosoms during suckling.

798. Too much attention cannot be paid to keeping

the breasts *comfortably* warm.—This, in the daytime, should be done, during the act of nursing, by throwing a shawl, or a square piece of flannel, over the neck, shoulders, and breasts.

799. Another cause of gathered breast, arises, from a mother sitting up in bed to suckle her child.

800. An infant should be accustomed to take the breast while the parent is lying down: if this habit is not instituted at first, it will be difficult to adopt it afterwards.—Good habits may be taught an infant from the earliest period of his existence.

801. Another fruitful cause of a gathered breast, is, a sore-nipple.—A mother dreads putting the child to it, in consequence of the suffering it produces; she, therefore, keeps him almost entirely to the other bosom.—The result is,—the breast with the sore nipple becomes distended with milk, which being unrelieved, ends in inflammation and gathering.

802. Another, and a very frequent cause of gathered breast, is, the *fruitless* attempt of an infant to procure milk, when there is very little or none secreted.

803. Mr. Ballard, in his valuable little work before quoted, considers this to be the principal cause of gathered breast; and, as the subject is of immense importance, I cannot do better than give it in his own words, more especially, as he has the merit of origi-

nating, and of bringing the subject prominently before his professional brethren.

804. He says :—"This (mammary abscess or gathered breast) is another form of disease entirely referable to the cause under consideration [fruitless sucking]. In the case last related, the formation of mammary abscess [gathered breast] was only just prevented by arresting any further irritation of the breast by suckling; and since I have kept careful notes of my cases, I have observed that in all instances of abscess, there has been abundant evidence of a demand being made upon the gland for a supply of milk beyond that which it had the power of secreting. If the child *only* has been kept to the breast, then *it* has suffered with disordered bowels; but, in the majority of cases, an additional irritation has been applied; the commonly received doctrine, that a turgid breast is necessarily overloaded with milk, leads mothers and nurses to the use of breast pumps, exhausted bottles, or even the application of the powerful sucking powers of the nurse herself, to relieve the breasts of their supposed excess; and it is this extraordinary irritation, which in the majority of cases, determines the formation of an abscess [gathering]. Sometimes these measures are adopted to remove the milk when a woman is not going to suckle, and then an abscess not unfrequently is established. I have previously alluded to the mistake into which mothers and nurses are led by the appearance of a swollen breast; it is not evidence that the gland can

secrete freely, and it is in this turgid state that the excessive irritation tells most severely. This hyperæmic [plethoric] condition seems to be a step towards inflammation, and the irritation supplies that which is wanting to complete the process. If a woman will only remove the child from the breast directly the act of sucking produces pain, she may be pretty sure to avoid abscess. So long as the milk can be obtained there is no pain."

805. *How is a patient to know that she is about to have a gathered breast?* There are two forms of gathered breast; one being of vast; and the other of trifling importance.

806. The first—the serious one—consists of gathering of the structure of the breast itself; the latter, merely of the superficial part of it, and should be treated with warm poultices, in the same manner as any other external gathering.

807. In the mild, or superficial kind, of gathered breast, the mother may still continue to suckle her child; but in the severe form, she must NOT, on any account, be allowed to do so, but must instantly wean her child from the *affected* side.—The *healthy* breast, she may still continue to nurse from.

808. The *important* form of gathered breast I will now describe:—A severe gathered breast is *always ushered in with a shivering fit*.—Let this fact be im-

pressed deeply upon my reader's mind.—This shivering is either accompanied, or followed, by sharp, lancinating pains of the bosom.—The breast now greatly enlarges, becomes hot, and *very painful*.—The milk, in the affected bosom, either lessens, or entirely disappears.—If the child is applied to the breast (WHICH HE OUGHT NOT TO BE), it gives the mother intense pain.—The patient is now feverish, and ill; she loses her strength, and her appetite; and is very thirsty.

809. A Medical man must be sent for at the very ONSET of the shivering-fit; and he will, in the generality of instances, be able to prevent such a painful and distressing occurrence.

810. If twelve hours be allowed to elapse after the shivering has taken place, before he is sent for, the chances are, that the gathering cannot altogether be prevented; although, even then, it may be materially lessened.

811. We sometimes hear of a poor woman suffering dreadfully for months, and of her having a dozen or twenty holes in her breast!

812. This is generally owing to the Doctor not having been sent for *immediately* after the shivering; therefore, I cannot too strongly insist upon a mother obtaining *prompt* attendance under such circumstances; not only to obviate present suffering; but, at the same time, to prevent the function of the breast

from being injured; which it inevitably will be—more or less—if the important form of gathering be allowed to take place.

813. When a mother *feels faint* during suckling, she should *immediately* lie down and take a little nourishment;—a crust of bread and a draught of ale or of porter, or a glass of wine, or a cup of tea with the yolk of an egg beaten up in it,—either of which will answer the purpose extremely well.

814. Brandy, or any other spirit, I would not recommend, as it will only cause a greater depression to ensue as soon as the *immediate* effects of the brandy are gone off; not only so, but the *frequent* taking of brandy may become a habit—a necessity—which would be a calamity deeply to be deplored!

815. Sometimes a mother is faint from suckling her child too often,—she having him almost constantly at the breast.—Of course, as long as she continues this foolish practice, she must expect to suffer from faintness.

816. *Aperients, &c., during suckling.*—Strong aperients are improper during this period, as they are apt to give pain to the infant, as well as to injure the parent.

817. If it is absolutely necessary to give a mother an aperient,—the mildest should be chosen,—such as a dose of castor-oil.

818. If she cannot take oil, then she may apply it **EXTERNALLY** to the bowels, as recommended at page 56.

819. A lavement of warm water, or,—of gruel-oil-and-table-salt,*—applied by means of a good self-injecting enema-apparatus, is an excellent method of opening the bowels; as, it neither interferes with the digestion of the mother nor of the child.

820. When a lady, who is nursing, is habitually costive,—she should eat bran-bread, instead of white-bread.—This will, in the majority of cases, enable her to do without aperients.

821. The bran-bread may be made—by mixing one part of bran and three parts of fine wheaten-flour together, and then making it into bread in the usual way.

822. Stewed prunes is an excellent remedy to prevent constipation.—The patient should eat a dozen or fifteen of them every morning.

823. The best way to stew prunes is the following:—Put a pound of prunes and two table-spoonfuls of *raw* sugar into a brown jar; cover them with water; put them into a slow oven; and stew them for three or four hours.

* Two table-spoonfuls of olive-oil, two table-spoonfuls of table-salt, and a pint of warm oatmeal gruel.

824. A basinful of gruel—made with Robinson's Patent Groats—taken, every night for supper, will often supersede the necessity of giving an aperient.

825. A tumblerful of cold, spring water—cold from the pump—taken early every morning, sometimes effectually opens the bowels.

826. I should strongly recommend a patient, in such a case, to eat a great variety of food, and to let the vegetable element predominate.

827. Another excellent method of opening the bowels, is, by means of the "wet compress."—The way of applying it, is as follows:—Fold a napkin several thicknesses, until it is about half a foot square, then dip it in *cold* water, and place it over the bowels, over which apply either oil-skin, or gutta-percha-skin;—it should be kept in its place by means of a bolster-case or a broad bandage; and must be applied at bedtime, and remain on for three or four hours, or until the bowels are opened.

828. Let me again—FOR IT CANNOT BE TOO URGENTLY INSISTED UPON—strongly advise a nursing-mother, to use very means—in the way of diet, &c.—to supersede the necessity of the taking of opening medicine; as the repetition of aperients injures—and that severely—both mother and child.

829. If a lady, then, during the period of suck-

ling,—were to take systematic exercise in the open air; if she were to bustle about the house, and attend to her household duties; if she were to vary her food both vegetable and animal—and partake of sound ripe fruit; if she were to use an abundance of *cold* water to her skin; if she were to take a tumbler of *cold* water, early every morning; if she were to apply a “wet compress” to her bowels at bedtime, occasionally; if she were to visit the water-closet, regularly, at one hour; if she were to avoid quacking herself with physic; in short, if she would adopt the above simple remedies—which are in the reach of all—she would not suffer so much from costiveness, which is oftentimes the bane and misery of her existence!

WEANING.

830. There is an old saying,—“that a woman should carry a child nine-months, and suckle him nine-months.”—It is well known, that the first part of the old saw is correct, and experience has proved the latter to be equally so.

831. If a child is weaned *before* he is nine-months, he loses that muscular strength, which the breast-milk alone can give; if he is suckled *after* he is nine-months, he becomes flabby, weak, and delicate.

832. *The time, then, when a child should be weaned.*
—“This, of course, must depend upon the strength of

the child, and upon the health of the parent: on an average,—nine months is the proper time.—If the mother is delicate, it may be found necessary to wean the infant at six months; or, if he is weak, or labouring under any disease, it may be well to continue suckling him for twelve months; but, after that time, the breast will do him more harm than good, and will, moreover, injure the mother's health."*

833. If he be suckled after he is twelve months old,—he is generally pale, unhealthy, and rickety;—and the mother is usually nervous, emaciated, and hysterical.

834. A child who is suckled beyond the proper time—more especially if there be any predisposition—frequently dies of water-on-the-brain, or, of consumption.

835. *The manner in which a mother should act, when she weans her child.*—"She should do it gradually, as the word signifies—that is to say—she should, by degrees, give less and less of the breast, and more and more of artificial food; at length, she should only suckle him at night; and, lastly, it would be well, for the mother, either to send him away, or to leave him at home, and to go away herself for a few days."*

* *Advice to a Mother on the Management of her Offspring*; the seventh edition. By Pye Henry Chavasse, F.R.C.S.

836. "A good plan is,—for the nursemaid to have a half-pint bottle of new-milk—which has been previously boiled to prevent it from turning sour—in the bed, so as to give a little to the child, in lieu of the breast.—The warmth of the body will keep the milk of a proper temperature ; and will supersede the use of lamps, candle-frames, and other troublesome contrivances."*

837. If the mother is not able to leave home herself, or to send her child from home ;—then, she must let the child sleep, with some responsible person, in another room.

838. During the day-time,—if the mother cannot resist having the child in the room with her, then, I should advise her to make a paste of aloes—that is to say—let her mix a little powdered aloes with a few drops of water, until it is of the consistence of paste—and smear it on the nipple every time just before putting him to the breast : this will be *quite* enough for him ; and, one or two aloe-applications to the nipple will make him take a disgust to the breast ; and, thus, the weaning will be accomplished.

839. A mother need not be afraid, that the aloes will injure the child : the *minute* quantity he will swallow will do no harm ; for the moment he tastes it—the aloes being extremely bitter—he will splutter it out of his mouth.

* *Advice to a Mother.*

840. The best way of "*drying up the milk*," is,—to apply to the breasts soap-plaister (*emplastrum saponis*), spread on soft pieces of wash-leather, with round holes in the middle to admit the nipples, and a slit from the centre to the circumference to make a better fit.—These plaisters may be procured of any respectable chemist.

841. When the child is once weaned,—THE BREASTS MUST NOT BE DRAWN: as the drawing of them causes them to secrete larger quantities of milk; THEREFORE, IF THE BREASTS BE EVER SO FULL, OR UNCOMFORTABLE, A MOTHER SHOULD LEAVE THEM ALONE; she must wait patiently, and the milk will gradually diminish, and, at length, disappear.

842. The drawing of the breasts, by means of breast-pumps and other like contrivances, in a case of this description, has frequently caused gathered breasts.—IF NOT DRAWN, THEY SCARCELY EVER GATHER.

843. The above plan will generally assuage the milk away in five or six days; but if, at the end of three days, the bosoms still continue full and uncomfortable,—the plaisters may be removed, and the breasts be well, but tenderly rubbed, every four hours, with equal parts of olive-oil and *eau de Cologne*;—the nurse supporting the bosom, during such friction, with her other hand.

844. Let me impress the above important advice on a nursing-mother's mind,—it may save a great deal of after suffering and misery.

845. It may be well to state,—that the milk does not always *entirely* leave the breast, not even for weeks, and, in some cases, not even for months, after the child has been weaned: it is not of the slightest consequence, and requires no treatment to get rid of it.

846. During the period of weaning,—the mother should live abstemiously, and drink as little as possible.

847. In many cases,—it is necessary to give a few doses of mild aperient medicine,—such as—a Seidlitz-powder, or—a tea-spoonful of Henry's-magnesia and a tea-spoonful of Epsom-salts in half a tumbler of warm water,—every morning, for two or three mornings.

848. *Symptoms denoting the necessity of weaning.*—Sometimes a mother cannot suckle her infant; the attempt bringing on a train of symptoms, similar to the following—singing in the ears; dimness of sight; aching of the eye-balls; throbbing in the head; nervousness; hysterics; tremblings; faintness; loss of appetite and of flesh; fluttering and palpitation of the heart; feelings of great exhaustion; indigestion; costiveness; sinking sensations of the stomach; pains in the *left* side; great weakness and dragging pains

of the loins—which are usually increased whenever the infant is put to the breast; pallor of the countenance; shortness of breath; swelling of the ankles.

849. Of course, every mother, who is suffering from suckling not agreeing with her, does not have the *whole* of the above long catalogue of symptoms! —But, if she has three or four of the more serious of them,—she should not disobey the warnings, but must wean her infant as far as she herself is concerned; although, it may be necessary, if the child himself be not old enough to wean, to obtain a wet-nurse to take her place.

850. Remember, then, that if the above warning symptoms be disregarded, dangerous consequences may be the result, both to parent and to child.—It may throw the mother into a consumption, or bring on heart-disease; and it may cause the infant to dwindle and to pine away, in consequence of his not being able to obtain sufficient, or proper nourishment.

851. Soon after nine months' nursing, "the monthly courses" generally return:—this is another warning that the child must be *immediately* weaned; as the milk will lessen in quantity, and in nourishment, and the child will become delicate and puny in consequence, and, every day he is suckled, lose, instead of gain, ground.

852. At another time, although the above train of symptoms does not occur, a mother may not be able to suckle her child; notwithstanding she may be in perfect health.

853. Such a one usually has very small breasts, and very little milk in them; and, if she endeavours to nurse her infant, it produces a *violent aching* of the bosom.

854. Should she disregard these warnings, and still persevere, it may produce inflammation of the breast, which may, probably, end in *gathering*.

855. If a mother be predisposed to consumption; if she has had spitting of blood; if she be subject to violent palpitation of the heart; if she be labouring under great debility and extreme delicacy of constitution,—she must not, on any account, suckle her child; BUT SHOULD, BY ALL MEANS, PROCURE A HEALTHY WET-NURSE.

856. Occasionally, a mother suckles her infant when she is pregnant.—This is highly improper; as, it not only injures her, and may bring on miscarriage; but, it is also prejudicial to the infant, and may produce delicacy of constitution, from which he may never recover.

INDEX.

- ABLUTION** after labour, 136
 „ manner of young wife performing, 11
 „ morning, 10
 „ in pregnancy, 44
Abortion, 84
Accoucheur, the duties of, 110
After-birth should never be brought away by nurse, 127
After-pains, 112
Age at which menstruation commences, 30
Ailments of pregnancy, 53
 „ during suckling, 158
Air, cold, the value of, 9
Air and exercise in pregnancy, 45
 „ during suckling, 153
 „ and occupation, 46
Ale and porter, sour, 141
Amusements of a young wife, 20
Aperient pills after confinement, 136
Aperients in pregnancy, 54
 „ before labour, 66
 „ immediately after, improper, 135
 „ during suckling, 169
Articles wanted at labour, 116
Artificial respiration, 125
BAD-BREAST, 164
Bandage after confinement, 130
Bearing-down pains, 107
Bed, “the guarding of,” 118
Bed-room for pregnant female, 51
Beverage after labour, 140
 „ the best for young wife, 14
 „ for mother whose child is ill, 153
Bidet should be regularly used, 44
Bladder, irritability of, 75 & 104
 „ importance of attending to, 122
 „ in pregnancy, 75
 „ sluggishness of, 75
 „ state of, after confinement, 133
Bowels to be opened before labour, 66
Bowel-complaints of pregnancy, 57
Bowels, state of, after labour, 135
Brandy to be in the lying-in room, 121
 „ on the use of, during labour, 121 & 130
Bran-bread as an aperient, 170
Breast during suckling, 145 & 162
 „ full and uneasy, 163
 „ painful during pregnancy, 73
 „ gathered, 164
 „ „ causes of, 164
 „ „ importance of early treatment, 168
 „ „ shivering - fit in, 167
 „ „ symptoms of, 167
 „ „ two forms of, 167
Breast-pump, ill effects of, 175

- CALOMEL** dangerous in pregnancy, 54
Carbonic acid gas in crowded rooms, 6 & 20
Carriage exercise, on the abuse of, 3
Castor-oil, the dose and manner of administering, 55
 external use of, 56
Caudle should be banished lying-in room, 130
 "Caul," a child's (*note*), 124
 "Ceasing to be unwell," 38
Change of air for delicate wife, 27
 "Change of life," 36
Change of room after labour, 142
Cheerfulness during labour, 119
 " and occupation, 22
 & 28
Child born before arrival of Medical man, 122
 " should be gradually weaned, 173
 "Cleansings," 136
Clothing in pregnancy, 43
 " after labour, 128
 " during suckling, 148
Clysters, 170
Costiveness during pregnancy, 54
 " a cause of *hard* labour, 56
 "Count," 97
 " the German method of making, 98
 " a good plan to make the, 98
Country, on living in the, 8
Cramp of the bowels, 79
Cramps of the legs and thighs in pregnancy, 79 & 108
 "Croakers," during labour, 119

DANCING, danger of young wife, 21
Depression of spirits during suckling, 153
Diarrhoea in pregnancy, 57 & 58
Diet of a young wife, 13
 " pregnant female, 49
 " after labour, 139

Diet during suckling, 149
Difficulty of lying down in pregnancy, 52
 " of making water, 122
Dozing, ill effects of, 15
Dress for labour, 117 & 118
 "Drying up the milk," 175
Duration of menstruation, 31
Duties of a nursing mother, 144

EARLY RISING and early to bed, 15, 16, & 17
Exercise for a young wife, 2, 3, & 4
 " immense importance of, 2 & 3
 " in pregnancy, 45
 " during suckling, 153 & 154
 " fresh air and occupation during pregnancy, 45 & 46
 " in open air after labour, 142

FALSE labour-pains, 94
Fainting in pregnancy, 76 & 77
Faintness during suckling, 169
Fashionable system of spending married life, 1
Feet, cold, exercise the remedy for, 5
Females who have sick pregnancies, 72
Fire, ill effects of setting near, 3
Flannel, 75
Fœtal circulation (*note*), 43
Food, variety of, necessary, 151 & 152
Friend, the choice of, during labour, 119
Fruit useful in pregnancy, 50
Fruitless suckling, 165

GARTERS, ill effects of, in pregnancy, 44
Gathered breasts, 164
 " " causes of, 164
 " " importance of early treatment, 168
Gestation, period of, 97

- ' Guarding of the bed," 118
- HEART, palpitation of, during pregnancy, 78
- Heart-burn in pregnancy, 59
- Hints to attendants, 122
- " to mother when infant is ill, 153
- Household duties, 23 & 24
- INDIA-RUBBER teat and shield for drawn-in nipple, 159
- " for sore-nipple, 161
- Indolence, the ill-effects of, in pregnancy, 46
- Infant born apparently dead, 124
- Infant, the period of suckling an, 172
- Introductory Chapter, 1
- Irritation and itching, 82 & 83
- LABOUR, 103
- " rapid, directions concerning, 122 & 123
- " symptoms of, 103
- Lavements in pregnancy, 67
- Lega, the swollen, of pregnancy, 64
- Length of time of first labour, 111
- " " of an after labour, 111
- Luxury, ill effects of, 10
- Lying-in room, 132
- " " temperature of, 132
- MARSHMALLOW and camomile fomentation (*note*), 137
- Middlemose midwifery reprobated, 109 & 110
- Medicines in pregnancy, 53—84
- Menstrual fluid, 33
- Menstruation, 29
- " painful, 35
- " profuse, 35
- " when not properly performed, 36
- Milk at " its height," 140
- Milk, the best way of "drying up" the, 175
- " flowing away constantly, 162
- Miscarriage, 84
- " care required after, 91
- " causes of, 86
- " consequences of a neglected, 91
- " flooding in, 87, 88, & 90
- " prevention of, 91
- " symptoms of a threatened, 87 & 88
- " treatment of, 90
- " usual time of taking place, 88
- Misconception and prejudice, 132
- Monthly nurse, 100
- Morning-sickness, 38 & 68
- Mothers predisposed to consumption, 178
- " who cannot suckle, 178
- NAVEL, pointing of, as a sign of pregnancy, 42
- Navel-string, the manner of tying, 127
- " not to be tied until the child breathes, 124
- Nipple during suckling, 158
- " means to harden, 72
- " retraction of, 158 & 159
- " shields, 159
- " sore, 160
- Nursing-apron, 149
- OATMEAL gruel, as a fomentation, 137.
- Occupation, 22, 23, 24, & 156
- " fresh air, and exercise, 156
- Olive-oil as an aperient, 56
- PAINS, "bearing down," 107
- " "grinding," 104 & 105
- at night in pregnancy, 52
- Palpitation of the heart in pregnancy, 78

- Passion, the ill effects of, during suckling, 155
 Pendulous bowels of pregnancy, 65
 Period of gestation, 97
 " of taking exercise, 142
 Physio a substitute for exercise, 5
 Piles in pregnancy, 60
 Plethoric pregnant females, 60
 Porter and ale for a nursing mother, 152
 Position after delivery, 128
 " of a mother during suckling, 154
 " of patient after labour, 131
 Poultice, a bread and milk and sweet-oil, 164
 Precursory symptoms of labour, 103
 Pregnancy, 38
 " duration of, 97
 " a natural process, 46
 " period of, 97
 " signs of, 38
 Preliminary observations, 1
 Preparations for labour, 116
 Prolific mothers (*note*), 31 & 32
 Proper time for a patient to sit up after labour, 138
 " to send for Medical man, 104 & 107
 " to send for nurse, 104
 Prunes, stewed, 170
 Puberty, period of (*note*), 31
 "QUICKENING," 40 & 41
 " flatulence mistaken for, 42
 Quiet after confinement, 138
 "RECKONING," to make the, 97
 Refreshment after labour, 129
 Remedies to prevent costiveness, 171
 Respiration, artificial, 125
 Rest after delivery, 128
 Rest in pregnancy, 48
 " and quietude after labour, 138
 Restlessness at night, 52
 Rich ladies, 10
 Rules for a female prone to miscarry, 91
 Rules of health, 28
 SEA-BATHING in pregnancy, 45
 Shivering during labour, 105
 "Show" a sure sign of labour, 104
 Shower-bath in pregnancy, 45
 Sick pregnancies, 72
 Sickness during labour, 106
 Signs of the fetal circulation (*note*), 43
 " of pregnancy, 38
 Sitz-bath, the value of, 11, 44, & 83
 Skin of the abdomen, cracked, 65
 Sleep in pregnancy, 51
 " the value of, immediately after labour, 133
 Sleepiness of pregnant females, 63
 Sleeplessness of pregnant females, 63
 Sore-nipples, 160
 Spirits during suckling, 153
 Spurious labour-pains, 94
 Stages of labour, 113
 Stays should not be worn during labour, 118
 Subsidence of the womb before labour, 103
 Suckling, 144
 " when female is pregnant, 178
 Support to bowels after confinement, 130 & 131
 Swollen legs in pregnancy, 64
 Symptoms of labour, 103
 " denoting necessity of weaning, 176
 TABLE of duration of pregnancy, 97
 Teat, india-rubber, and shield, 169
 Teeth frequently decay in pregnancy, 68
 Temperature of a lying-in room, 132

- Things which will be wanted at a labour, 116
- Tight-lacing injurious to a young wife, 19
- „ ill effects of, in pregnancy, 43
- Time when a child should be weaned, 172
- Tooth-ache in pregnancy, 66
- Tooth-extraction, the danger of, in pregnancy, 66
- True labour-pains, 107
- “Trying of a pain,” 120
- URINE, retention of, 134
- VEINS, enlarged, of the leg, 64
- Ventilation, importance of, 6 & 46
- Ventilation of lying-in room, 142
- Visitors in a lying-in room, 133
- WARM ablutions after labour, 136
- Warm baths for infants apparently still-born, 126
- Waters, “the breaking of the,” 59
- Weaning, 172
- „ an infant, the method of, 173
- Wet-nurses and mother’s milk, 151
- “Whites” during pregnancy, 80
- Wife’s mission, 2
- Wine during suckling, 152
- Womb, bearing-down of, 48.

